

Task 01: Re-watch **VIDEO 01** and fill in the next table with **7 major health factors** and **7 facts** you learnt from the documentary video.

The 7 Health factors	7 things you learnt from the video
1. Diet: Eat better	1. Poor nutrition is linked to many diseases, less quality of life and shorter lifespan.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.

Task 02: Re-watch **VIDEO 02** and write a list of 4 healthy practices that were suggested on the documentary video.

Healthy practice	Do	Don't
Hiking		I don't go hiking.