

Pangalan: _____ Iskor: _____

Mga Gawaing Pangkalusugan

Panuto: Isulat ang **Tama** kung ang mga sumusunod na pangungusap ay nakabubuti sa kalusugan at **Mali** kung hindi.

_____ 1. Naghihilamos ako at nagsusuot ng malinis na damit bago matulog.

_____ 2. Naliligo ako sa tubig ulan at baha.

_____ 3. Naghuhugas ako ng mga kamay pagkatapos gumamit ng palikuran.

_____ 4. Naglalaro ako ng cellphone o tablet bago matulog.

_____ 5. Kumakain ako ng maraming kendi a tsokolate.

_____ 6. Nag-eehersisyo ako tuwing umaga.

_____ 7. Hilig ko ang pag-inom ng softdrinks.

_____ 8. Umiinom ako ng walong basong tubig araw-araw.

_____ 9. Kumakain ako ng prutas at gulay.

_____ 10. Iniiwasan ko ang pagpupuyat tuwing gabi.

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Y Pai



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Table of Contents Mga Gawaing Manual

1. Understanding the eBook Mga Gawaing Manual
 - The Rise of Digital Reading Mga Gawaing Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Mga Gawaing Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mga Gawaing Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mga Gawaing Manual
 - Personalized Recommendations
 - Mga Gawaing Manual User Reviews and Ratings

- Mga Gawaing Manual and Bestseller Lists
- 5. Accessing Mga Gawaing Manual Free and Paid eBooks
 - Mga Gawaing Manual Public Domain eBooks
 - Mga Gawaing Manual eBook Subscription Services
 - Mga Gawaing Manual Budget-Friendly Options
- 6. Navigating Mga Gawaing Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Mga Gawaing Manual Compatibility with Devices
 - Mga Gawaing Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mga Gawaing Manual
 - Highlighting and Note-Taking Mga Gawaing Manual
 - Interactive Elements Mga Gawaing Manual
- 8. Staying Engaged with Mga Gawaing Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mga Gawaing Manual
- 9. Balancing eBooks and Physical Books Mga Gawaing Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mga Gawaing Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Mga Gawaing Manual
 - Setting Reading Goals Mga Gawaing Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mga Gawaing Manual
 - Fact-Checking eBook Content of Mga Gawaing Manual
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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