ENGLISH YEAR 3

Listen and write the correct answers.

Watching TV or playing [redacted] games won't make you fit. But playing sports will. You can join a club or play with your [redacted] in a park. If you don't like team sports, you can walk to school, go [redacted] or try skating instead. Regular exercise makes you feel stronger and gives you more [redacted].

Eat a healthy diet. Sweets, [redacted] and crisps are fun to eat sometimes but it is not good to eat them every day. These food contain too much sugar, fat or [redacted]. Make sure you eat vegetables such as [redacted] with every meal and plenty of fruit too. Fruit and vegetables make you help stay healthy and grow strong.

Drink a lot of water and milk. Water or juices are better for you than fizzy drinks because fizzy drinks contain lots of sugar. Eating a lot of sugar is bad for your teeth. One can of cola contains about [redacted] teaspoons of sugar. Milk is good because it contains lots of [redacted] You need calcium to help your [redacted] bones to grow and keep your teeth strong.

Source : English Portal
LIVEWORKSHEETS