

Listen and repeat . Read and write.



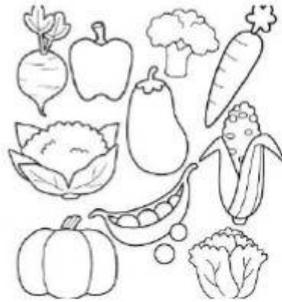
get exercise



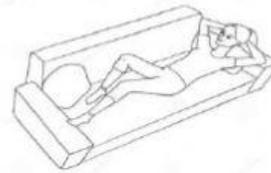
eat fruit



eat junk food



eat vegetables



get rest

1. I _____ every day. I like apples, mangoes, and grapes!
2. I _____ every day. I play soccer and go swimming.
3. I _____ every day. I love carrots, beans, and potatoes.
4. I _____ everyday. I relax after exercise, and I sleep at night!
5. I _____ sometimes. I eat potato chips and drink soda.

