

# Staying healthy

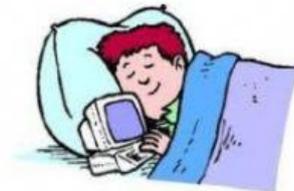
Complete the texts below with words from the box

small good check up balanced diseases  
fats fresh fruit year sleep fiber



Tip 1: You should have a medical \_\_\_\_\_  
once a \_\_\_\_\_. The doctor will be  
able to diagnose and spot any \_\_\_\_\_.

Tip 2: Get a \_\_\_\_\_ night's \_\_\_\_\_.



Tip 3: Have a \_\_\_\_\_ diet. Eat lots of  
\_\_\_\_\_ vegetables, \_\_\_\_\_ and  
food rich in \_\_\_\_\_ every day.  
\_\_\_\_\_, oils and sweets should always  
be eaten in \_\_\_\_\_ quantities.

