Exercise 6: Read the passage and answer the questions below

Take lots of exercise

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

Eat a healthy diet

Sweets, chocolate and crisps are fun to eat sometimes, but it is not good to eat them every day. These foods contain too much sugar, fat or salt. Make sure you eat vegetables, such as cabbage, with every meal, and plenty of fruit, too. Fruit and vegetables help you stay healthy and grow strong.

Drink lots of water and milk

Water or juices are better for gou 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 nine teaspoons of sugar! Milk is good because it contains lots of calcium. You need calcium to help your 206 bones to grow and keep your teeth strong.

1. What will keep you fit?

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2. What can you do if you don't like team sports?

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3. What can fruit and vegetables help you?

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4. How much sugar does one can of cola contain?

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