

14 Complete and circle.

- | | | |
|----------|---|---|
| Eating | 1 | _____ water and juice is good / bad for you. |
| Drinking | 2 | _____ five hours a night is good / bad for you. |
| Brushing | 3 | _____ your teeth twice a day is good / bad for you. |
| Having | 4 | _____ exercise four times a week is good / bad for you. |
| Doing | 5 | _____ junk food every day is good / bad for you. |
| Sleeping | 6 | _____ a shower every day is good / bad for you. |



15 Read and complete.

sleep you chocolate eight energy bad food vegetables

Eat healthy food

Fruit and _____ are good for you. They have natural sugar for _____ and Vitamin C to be healthy and strong.



Sleep eight hours at night

Sleeping _____ hours at night is good for _____.

Children grow when they _____.

Don't eat junk food every day

Eating junk _____ every day is bad for you. Sweets and _____ have a lot of sugar. The sugar is _____ for your teeth.

Burgers and chips have a lot of fat and this is bad for your heart.



16 Read and circle.

ARE YOU HEALTHY?

- | | | |
|---|--|----------|
| 1 | Do you do exercise three times a week? | yes / no |
| 2 | Do you brush your teeth twice a day? | yes / no |
| 3 | Do you sleep eight hours a night? | yes / no |
| 4 | Do you drink water and juice? | yes / no |
| 5 | Do you have a shower every day? | yes / no |

Yes answers
5 Excellent! You're a very healthy person.
3-4 You're a healthy person but you can do more.
1-2 Oh no! Remember to do exercise and eat healthy food.

