

14 Complete and circle.

Eating
Drinking
Brushing
Having
Doing
Sleeping

- 1 _____ water and juice is **good / bad** for you.
- 2 _____ five hours a night is **good / bad** for you.
- 3 _____ your teeth twice a day is **good / bad** for you.
- 4 _____ exercise four times a week is **good / bad** for you.
- 5 _____ junk food every day is **good / bad** for you.
- 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**

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

