

4 Complete the text with the correct form of these words.



chicken • crisp • honey • fizzy drink • spinach • strawberry • water • yoghurt



EAT WELL, FEEL GREAT!

It's important to have a balanced, healthy diet. This helps you to work, study and exercise.

Try to eat lots of fruit like (a), grapes and pears, and vegetables, such as cabbage and (b) Snacks are OK sometimes: (c)

once a week, for example. Try to eat less meat, like sausages and (d) – this is good for your health and also helps the planet. Drink lots of (e), doctors recommend about two litres a day.

Sugar is bad for you too, so don't drink a lot of (f) like cola or lemonade.

For dessert, try natural (g) with fruit or nuts and a little (h) rather than sugar. But a good diet isn't the only thing you need for a healthy lifestyle – don't forget to do regular exercise, too!

