

## 1 Look and match. Then complete the sentence.

- |                  |             |
|------------------|-------------|
| 1 exercise       | 4 sleep     |
| 2 healthy food   | 5 rest      |
| 3 unhealthy food | 6 fresh air |

Healthy food, rest,  
doing \_\_\_\_\_ and getting  
\_\_\_\_\_, help us to keep \_\_\_\_\_.



Hi Denise!

Last week, I decided to do more to keep (1) healthy. First, I changed what I eat. At lunch I have a sandwich and an apple. For dinner I have lots of fresh vegetables. I have some cake or chocolate, but not every day! So now I don't eat (2) \_\_\_\_\_ food. I also walk to school every day and I joined a volleyball team last week. So, I do more (3) \_\_\_\_\_ now. I also take the dog for a walk and ride my bike in the park. This way I get lots of (4) \_\_\_\_\_. In the evening, I watch TV or read a comic book. I also go to bed early during the week so I'm not tired in the morning. It's important to get (5) \_\_\_\_\_ too.

Do you want to go swimming with me on Saturday?

Bye,

Dora

1 exercise

2 healthy food

3 unhealthy food

4 sleep

5 rest

6 fresh air