

Writing

1 Complete the sentences with *so* and *because*.

it's bad for my teeth I eat them every day
~~I don't want to be tired at school~~ I play outside every day it's good for my teeth

1. I always go to bed early because I don't want to be tired at school.
2. I don't eat food with a lot of sugar _____.
3. Exercise makes me stronger _____.
4. I drink milk with my breakfast _____.
5. Fruit and vegetables are good for you _____.

Healthy habits

2 Complete the notes.

Morning	Lunch	After school	Evening
Food			
Exercise			Go to bed at ...?

3 Write about your healthy habits. Use your notes to help you.

My healthy habits
