

# HOW TO STAY HEALTHY?

**We all want to be healthy, so here are some ideas to help.**

## **Get lots of exercise**

You can play sports or play outside with your friends. Exercise makes you stronger. You should get exercise daily.

## **Eat healthy food**

Candy and chips are fun to eat sometimes, but it isn't good to eat them every day. You should eat lots of fruit and vegetables. Meat and fish are also good for you. Food with a lot of sugar is bad for your teeth!

## **Drink enough water and milk**

You should drink enough water because your body needs water. Milk keeps your teeth strong.

## **1. How to stay healthy?**

- 1 What should you eat to stay healthy?
- 2 What can you do to be stronger?
- 3 Why should you drink enough water?
- 4 Is food with lots of sugar good/ bad for your teeth?

## **2. Personal questions**

1. What do you do in the mornings?

2. Where do you go after class?
3. What sports do you like playing?
4. What should you do when you have a cough?

### **3. For reference**

1. What's your name?
2. How old are you?
3. How many people are there in your family?
4. What's your favorite subject?
5. Where do you live?