

# 1 Read and match the tips to their headings.

## TIPS HOW TO BE HEALTHY

- A** Healthy children sleep from ten to six o'clock. Go to bed early and get up at the same time every day! And don't play on your phone in the evening. 1 ☐ Do sport
- B** Don't say 'I hate vegetables!' Eat fruit and vegetables you like three times a day. And don't eat a lot of sweets. 2 ☐ Sleep well
- C** Healthy children drink a lot of water. Have water in your schoolbag, not cola! 3 ☐ Healthy food
- D** You don't like football or swimming — no problem! You can ride your bike to school or walk to be active every day. 4 ☐ Water is great

# 2 Write true (T) or false (F).

- 1 ☐ Healthy children sleep for six hours.
- 2 ☐ Children shouldn't play on their phones in the evening.
- 3 ☐ Children should eat more fruit and vegetables.
- 4 ☐ Every child should have a bottle of cola in the schoolbag.
- 5 ☐ Children shouldn't be active every day.
- 6 ☐ Ride a bike to be healthy.

# 3 Circle the correct variant.

- 1 Children **should** / **shouldn't** get up at the same time every day.
- 2 Eat **fruit** / **sweets** three times a day.
- 3 Children shouldn't hate **vegetables** / **cola**.
- 4 It is good to play **football** / **on your phone**.
- 5 Children should **walk** / **sleep** more to keep fit.