

- 1 Read the text. Choose the right words and write them on the lines. There is one example.

Staying Healthy

There are many ways (Example) to keep our bodies healthy. Eating well is important **1** _____ our bodies need good food to grow. We should eat fruit and vegetables because they contain vitamins **2** _____ help us stay strong. We should also drink water **3** _____ the day, especially when the weather is hot. Exercise is good for us, **4** _____ we should not do too much when we feel ill. If you have a temperature, you **5** _____ stay at home and rest. You **6** _____ go to school if you feel very sick. It is important to sleep well at night. Many people do not get **7** _____ sleep when they are busy. You **8** _____ not watch TV late at night if you want to feel fresh in the morning. If your eyes hurt, you should stop **9** _____ TV and take a break. If you still feel unwell, you should talk **10** _____ an adult or a doctor.

- 2 Choose the right words (A, B or C).

Example	A. of	B. to	C. in
1	A. because	B. but	C. so
2	A. who	B. where	C. which
3	A. through	B. during	C. at
4	A. but	B. because	C. or
5	A. mustn't	B. shouldn't	C. should
6	A. should	B. shouldn't	C. are
7	A. enough	B. many	C. lot
8	A. should	B. must	C. are
9	A. watch	B. watching	C. watched
10	A. at	B. for	C. to