Complete the sentences with the words from the box

(water, breakfast, exercise, vegetables, sleep)

a. You should drink enough _____ every day.
b. Eating fresh fruit and _____ is very good for your body.
c. Don't skip _____ in the morning because it gives you energy.
d. Teenagers need about 8–9 hours of _____ every night.
e. Doing morning _____ helps you stay fit and active.

LIVEWORKSHEETS