

# Healthy habits

Complete the sentences with the words in the box. Then listen and check.



exercise regularly



eat fruit and vegetables



drink water



brush your teeth



cook fresh food



have a hobby



be organised



take a break

- 1 Come on, you've worked hard all day. It's time to \_\_\_\_\_.
- 2 No wonder you can't find your Science project, Tony – look at your desk! You have to \_\_\_\_\_. It's easier that way.
- 3 Dentists say it's OK to \_\_\_\_\_ 3 times a day.
- 4 \_\_\_\_\_ before you go for a run, but don't have too much.
- 5 Do you \_\_\_\_\_? You know, reading, playing video games, doing a sport?
- 6 Have you had dinner at Rachel's house? Her dad's a great cook. He likes to \_\_\_\_\_ and he makes the best pasta I've ever tried.
- 7 You have to \_\_\_\_\_, Tom. You'll feel much better for it! Come for a run with me tomorrow!
- 8 I think you're eating too much cake and chocolate, Sam you need to \_\_\_\_\_.