UNIT 9 : TAKE CARE – READING (page94)

Take care of yourself

1. A great way to look after your health is to take regular _____.
2. Exercise can also help with _____.
3. If you are preparing for exams, it might be a good idea to try a

   _____ activity such as yoga.
4. It's also important to eat a _____ diet.
5. You should eat five portion of fruit and _____ every day.
6. Remember to look after your _____ health too.
7. Find an adult you can talk to, such as a school _____.
8. Always try to discuss your _____ calmly with people who can help.
9. Try not to worry about your _____.
10. If you eat healthily and take exercise, you'll look _____ too.

LIVEWORKSHEETS