

FIT and HEALTHY

Look, read and choose: **must** or **mustn't**



1) You _____ sleep at least 8 hours a day.



2) You _____ watch TV until late at night.



3) You _____ do exercise every day.



4) You _____ eat fruit and vegetables.



5) You _____ eat that much chocolate.



6) You _____ do sports.



7) You _____ wash your hands before and after meals.



8) You _____ brush your teeth three times a day.



9) You _____ play computer games all day.