

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.