

FIT and HEALTHY

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

 <p>1) You _____ sleep at least 8 hours a day.</p>	 <p>2) You _____ watch TV until late at night.</p>	 <p>3) You _____ do exercise every day.</p>
 <p>4) You _____ eat fruit and vegetables.</p>	 <p>5) You _____ eat that much chocolate.</p>	 <p>6) You _____ do sports.</p>
 <p>7) You _____ wash your hands before and after meals.</p>	 <p>8) You _____ brush your teeth three times a day.</p>	 <p>9) You _____ play computer games all day.</p>