

# ENGLISH YEAR 3

Listen and write the correct answers.

Watching TV or playing [ ] games won't make you fit. But playing sports will. You can join a club or play with your [ ] in a park. If you don't like team sports, you can walk to school, go [ ] or try skating instead. Regular exercise makes you feel stronger and gives you more [ ].

Eat a healthy diet. Sweets, [ ] and crisps are fun to eat sometimes but it is not good to eat them every day. These food contain too much sugar, fat or [ ]. Make sure you eat vegetables such as [ ] with every meal and plenty of fruit too. Fruit and vegetables make you help stay healthy and grow strong.

Drink a lot of water and milk. Water or juices are better for you than fizzy drinks because fizzy drinks contain lots of sugar. Eating a lot of sugar is bad for your teeth. One can of cola contains about [ ] teaspoons of sugar. Milk is good because it contains lots of [ ]. You need calcium to help your [ ] bones to grow and keep your teeth strong.