

# HEALTHY EATING HABITS

## 5 Read and match. Draw lines to match.

1. I eat vegetables at dinner.
  2. I eat junk food on Saturday.
  3. I eat fruit every morning.
  4. I get rest every day.
  5. I get exercise every day.
  6. She eats fruit every day.
  7. He eats junk food at night.
  8. Why does he eat vegetables?
  9. Does the baby get rest?
  10. She gets exercise every day.
- a. I like bananas and oranges.
  - b. I go to bed at 8:00.
  - c. I ride my bike and jump rope.
  - d. I love cookies and ice cream.
  - e. I like corn and peppers.
  - f. Because he loves them!
  - g. She loves mangoes.
  - h. She swims every afternoon.
  - i. He eats three bags of chips.
  - j. Yes. She sleeps at night.

## 6 Look, read, and write. Use words from the box.

eat fruit

eat junk food

eat vegetables

get exercise

get rest



1. They \_\_\_\_\_ every day.
2. They \_\_\_\_\_ every day.