

HEALTHY EATING HABITS

5 Listen and repeat. Read and write. **TR: 5**



get exercise



eat junk food



eat vegetables



get rest



eat fruit

1. I _____ every day. I like apples, mangoes, and grapes!
2. I _____ every day. I play soccer and go swimming.
3. I _____ every day. I love carrots, beans, and potatoes.
4. I _____ every day. I relax after exercise, and I sleep at night!
5. I _____ sometimes. I eat potato chips and drink soda.