

Complete the recommendations with the missing information.

Dear friend, (1) Sheila

You have to follow WHO recommendations to improve your lifestyle.

(2) _____ active. (3) _____ exercise at home.

(4) _____ moderate amounts of fats and oils.

(5) _____ fruits and vegetables.

It can cause diabetes!

Take care,

Frank



Dear friend, (1) _____

You have healthy habits, congratulations!

(2) You go _____ four times a week.

(3) You _____ fruits every day.

(4) You don't eat _____.

Help to campaign!

Frida



Dear friend, (1) _____

You have to follow WHO recommendations to improve your lifestyle.

(2) _____ healthy walks. (3) _____ exercise classes online and (4) _____ and down the stairs.

(5) _____ sugar diet.

(6) _____ a variety of food.

Reduce eating fast food!

Greetings,

Keyla

