Staying healthy

Complete the texts below with words from the box

small	good	check up	balanced	diseases	
fats	fresh	fruit	year	sleep	fiber

Tip 1: You should have a medical _____ once a _____. The doctor will be able to diagnose and spot any _____.

Tip 2: Get a _____ night's _____.

Tip 3: Have a _____ diet. Eat lots of _____ vegetables, _____ and food rich in _____ every day. _____, oils and sweets should always be eaten in _____ quantities.

LIVEWORKSHEETS