

## FIT AND HEALTHY

**Read and choose:**



a) My brother is \_\_\_\_\_.



b) I \_\_\_\_\_ lots of sweets.



c) My mother \_\_\_\_\_ to bed late.



d) Paul \_\_\_\_\_ lots of TV.



e) My sister \_\_\_\_\_ vegetables every day.



d) I \_\_\_\_\_ water at meals.



e) Anna \_\_\_\_\_ sport five times a week.



f) I \_\_\_\_\_ to bed early.



g) They \_\_\_\_\_ active.



h) She \_\_\_\_\_ a book before she goes to bed.