

## Situation of integration

Hello Sofi !!

How are you ?

My brother is very weak because he has got an unhealthy life. I want to help him but I don't know how....

To be healthy, **what should he eat and what shouldn't he eat?**

Is there anything else he can do to be healthy?

Bye for now,

XOXO,

Mark.



Now, write an e-mail to answer Mark

\_\_\_\_\_Mark!!

How \_\_\_\_\_ ? I'm \_\_\_\_\_.

I think your brother has to eat \_\_\_\_\_ food like : fruits and vegetables and he doesn't have to eat \_\_\_\_\_ food such as burgers or hot dogs.

For desserts, he can eat \_\_\_\_\_ or \_\_\_\_\_ that are healthy and tasty and avoid eating \_\_\_\_\_ that is not good for his health.

Also, drinking \_\_\_\_\_ is better than drinking \_\_\_\_\_ !

Doing exercise is very good for him!

He can \_\_\_\_\_ with his friend.

I must go now,



