Watch the episode and fill out the gaps

1.I try to eat .....and keep.....

2.First of all, I eat almost .....organic food.

3.I think it's .....healthy.

4. I try to .....between diet and exercise.

5. That can result in a hectic.....

6.I like to.....

7.I .....regularly.

8.I stay in bed and I .....an awful lot.

9. I stay in bed, get some.....rest.

10. I try to .....naturally

LIVEWORKSHEETS