How to stay healthy

We all want to be fit and healthy, so here are some tips to help.

Take lots of exercise
Watching TV or playing computer games won't make you fit, but playing sports will. You can join a club or play with your friends in a park. If you don't like team sports, you can walk to school, go swimming or try skating instead. Regular exercise makes you feel stronger and gives you more energy.

Eat a healthy diet
Sweets, chocolate and crisps are fun to eat sometimes, but it is not good to eat them every day. These foods contain too much sugar, fat or salt. Make sure you eat vegetables, such as cabbage, with every meal, and plenty of fruit, too. Fruit and vegetables help you stay healthy and grow strong.

Drink lots of water and milk
Water or juices are better for you than fizzy drinks because fizzy drinks contain lots of sugar. Eating a lot of sugar is bad for your teeth. One can of cola contains about nine teaspoons of sugar! Milk is good because it contains lots of calcium. You need calcium to help your 206 bones to grow and keep your teeth strong.
There is this much calcium in a serving of …

1. a glass of milk
2. two sardines
3. cabbage
4. cheese
5. yogurt
6. beans

| fit | energy | healthy | crisps | sugar | calcium | cabbage | sardines |

Write, using the words above.

1 People who exercise every day want to be _____fit_____ .

2 _____ are a type of fish that have a lot of calcium.

3 To be _____, you have to eat a good diet and drink lots of water.

4 _____ are made from potatoes. They have a lot of salt and fat.

5 When you can do things without getting tired, you've got lots of _____ .

6 Chocolate and sweets have got a lot of _____ .

7 A _____ is a big, round vegetable.

8 You need _____ to help your bones grow.