

A. Choose.

1. We should ..... our food well before we swallow it.  
**a** chew                      **b** bite
2. I'm healthy because I ..... three times a week.  
**a** exercise                **b** move
3. When I'm tired, I use the .....  
**a** stairs                    **b** lift
4. We should try to eat food that has lots of .....  
**a** meals                    **b** vitamins
5. If we eat healthy food, we ..... our energy levels up.  
**a** keep                      **b** stay

B. Fill in.

**chew - healthy - meals - magical - brain - while**

- 1) Vegetables are very \_\_\_\_\_ snacks.
- 2) Your \_\_\_\_\_ is in in your head.
- 3) You mustn't \_\_\_\_\_ gum in class.
- 4) I like being alone once in a \_\_\_\_\_.
- 5) This is a fairy tale about a \_\_\_\_\_ creature.
- 6) You should eat five \_\_\_\_\_ every day.