

## UNIT 5: FREE TIME

Don't worry, little boy. I will teach you how to be healthy.

Firstly, you must eat a healthy diet. You must eat plenty of fresh fruits and vegetables.

You should eat less oily and fatty food like French fries and fried chicken. You should also avoid eating too much sweet things like candy and ice cream.



oranges	vegetables	apples	French fries
fried chicken	candy	ice cream	carrots

Eat More	Eat Less