

Watch the video and answer the questions by filling the gaps:

1. What do eating fruits and vegetables provide us?

It provides us _____ and _____.



2. How many tries are necessary before you like a new food?

It's necessary _____ to _____ tries.

3. Tell me other different ways to eat fruit or vegetables:

We can eat fruit in _____, peanut _____. We can also add fruit or _____ to other food.

4. Don't watch TV or get on your computer or phone until after you have finished your _____.

5. Don't watch TV when you _____.



6. Meals are a _____ time.

7. How much time should we practice physical activity every day?

We should practise physical activity for _____ hour every day.

9. Moving one hour everyday helps you feel _____.

10. Water and low-fat milk are the best choices for a _____ you.

12. Which fruits can you add to your water?

We can add _____, _____ or _____.

