

READING PRACTICE

Maintaining a healthy body is not that easy and not so difficult also. Most important tip for a healthy body is to have healthy food and eat them at proper time. Avoid eating junk food. Your diet should contain food which has more nutrients. Try to include vegetables, fruits, milk, and fish in your daily diet. Make sure you are having your breakfast regularly. Skipping your breakfast regularly will definitely affect your health. Make sure you drink more amount of water daily. Regular exercise will also keep your body in good health. You can go for running, do cycling, walking faster etc. Apart from these always try to manage your stress. By controlling your stress you can maintain a healthy body. Your body should get enough time to take rest. Make sure you get a sleep of 8 hours daily. Sleep is very important for healthy body and also for mental and emotional happiness.

- To have a healthy body, you should _____.
 - eat junk food
 - put on weight
 - have a healthy diet
 - not consume nutrients
- Skipping breakfast is _____ for your health.
 - good
 - bad
 - necessary
 - important
- Which of the followings is not keep your body in good health?
 - smoking
 - cycling
 - running
 - jogging
- Managing stress can help people _____.
 - have a good body
 - live longer
 - sleep enough time
 - stay healthy
- Which of the followings is NOT true?
 - It's difficult to maintain a healthy body.
 - Water is important for your health.
 - Getting enough sleep can make you happier.
 - Eating healthy and exercising are tips to stay healthy.