

Complete the passage with the words from the box.

healthy

protein

unhealthy

habits

nutrients

strengthen

increase

grains

A good diet and regular exercise should keep you healthy. Your body needs the vitamins and (1) _____ found in vegetables and fruit. It also needs enough exercise to (2) _____ muscles and bones and reduce your chances of getting sick.

What kind of a diet is best? At the top of anyone's list should be fresh fruit and vegetables. You also need to eat (3) _____ such as rice, wheat, oats, or corn. Dairy products in the form of milk and cheese provide your body with necessary calcium. (4) _____ comes from meat and nuts. Don't eat too much meat, however. Eating too much red meat, in particular, is not good for your heart, and it might (5) _____ your chances of getting cancer. Try not to eat junk food. What's junk food? Potato chips, donuts, candy, and cookies are junk food. Many people who eat junk food fail to eat (6) _____ food because they like the taste of junk food better. If kids eat a lot of junk food, they will develop bad eating (7) _____.

Being healthy is not that hard. If you eat right, get regular exercise, and avoid (8) _____ habits, you will thank yourself in the future.