

Choose and complete with *must*, *mustn't*, *can* and a verb from the box.

~~have~~ eat (x 2) sit go sleep play drink exercise

RULES FOR GOOD HEALTH by Zoe Baker

We ¹ *must have* a good breakfast every morning. We ² fruit and vegetables and we ³ eight glasses of water every day. We ⁴ sometimes sweets and chocolate but not very often.

We ⁵ on a chair all day – we ⁶ We ⁷ a sport, walk or ride our bikes. We ⁸ to bed late. We ⁹ for eight hours every night.

Zoe