

4 Complete the text with the correct form of these words.



chicken • crisp • honey • fizzy drink • spinach • strawberry • water • yoghurt



EAT WELL, FEEL GREAT!

It's important to have a balanced, healthy diet.

This helps you to work, study and exercise.

Try to eat lots of fruit like (a),

grapes and pears, and vegetables, such as

cabbage and (b) Snacks

are OK sometimes: (c)

once a week, for example. Try to

eat less meat, like sausages

and (d) – this is

good for your health and also

helps the planet. Drink lots

of (e), doctors

recommend about two litres a day.

Sugar is bad for you too, so don't

drink a lot of (f) like cola or

lemonade. For dessert, try natural

(g) with fruit or nuts

and a little (h) rather

than sugar. But a good diet isn't the

only thing you need for a healthy

lifestyle – don't forget to do regular

exercise, too!

