

Task: Complete the sentences with the verbs below



are

exercise

avoid

affects

keep

1. Healthy food and exercise help people _____ fit.
2. Weather that is too cold or too hot _____ your skin condition.
3. Children should _____ fast food and soft drinks.
4. Bad habits like eating too much sweetened food and going to bed late
_____ harmful to our health.
5. We can _____ indoors and outdoors.

