



Healthy Living

Answer Box:

drinks water

soft drinks

eats fast food

go to bed early

do exercise

stay up late

eat fruit and vegetables

on time

watch TV all evening

Choose the correct phrase from the answer box to complete each sentence.

1. I always _____ because getting enough sleep is important for my health.
2. My best friend never _____ because it is unhealthy.
3. We often _____ to stay active and feel strong.
4. I sometimes _____, but I try to go to bed early on school nights.
5. She usually _____ instead of drinking _____ to stay hydrated.
6. They rarely _____ because watching too much TV is not good for our eyes.
7. We are always _____ because being late for school is stressful.
8. Eating _____ is important to keep us healthy.