

KEEPING HEALTHY

1 Look and match. Then complete the sentence.

- 1 exercise
- 2 healthy food
- 3 unhealthy food
- 4 sleep
- 5 rest
- 6 fresh air

Healthy **food** _____, rest, doing _____ and getting _____, help us to keep _____.



2**Read and write the words. Use words from Activity 1.**

Hi Denise!

Last week, I decided to do more to keep (1) healthy. First, I changed what I eat. At lunch I have a sandwich and an apple. For dinner I have lots of fresh vegetables. I have some cake or chocolate, but not every day! So now I don't eat (2) _____ food. I also walk to school every day and I joined a volleyball team last week. So, I do more (3) _____ now. I also take the dog for a walk and ride my bike in the park. This way I get lots of (4) _____. In the evening, I watch TV or read a comic book. I also go to bed early during the week so I'm not tired in the morning. It's important to get (5) _____ too.

Do you want to go swimming with me on Saturday?

Bye,

Dora

1 exercise

4 sleep

2 healthy food

5 rest

3 unhealthy food

6 fresh air