HEALTHY LIFESTYLE

7th Grade Worksheet

1 **Read the text and decide if the sentences are True or False.**

Healthy Lifestyle

A healthy lifestyle is very important for our body and mind. Eating healthy food gives us energy and helps us stay strong. We should drink enough water every day. Doing exercise keeps our body fit and helps us feel good. Getting enough sleep is also important because it helps our body rest and recover. If we take care of our health, we can enjoy life better.

	True	False
1. Eating healthy food gives us energy.	☐	☐
2. We should drink a lot of sugary drinks every day.	☐	☐
3. Exercise helps us feel good.	☐	☐
4. Getting enough sleep is not important for our health.	☐	☐
5. If we take care of our health, we can enjoy life better.	☐	☐

2 **Complete the sentences using the correct form of the verbs in brackets. Use the First Conditional.**

1. If I eat healthy food, I _____ (feel) more energetic.

2. If we exercise every day, we _____ (stay) fit and strong.

3. If you drink enough water, you _____ (have) more energy.

4. If I go to bed early, I _____ (wake up) fresh in the morning.

5. If we take care of our health, we _____ (live) a happy life.

Take care of your body. It's the only place you have to live!

LIVEWORKSHEETS