



Date: _____


1  Read and match the tips to their headings.

TIPS HOW TO BE HEALTHY

- A Healthy children sleep from ten to six o'clock. Go to bed early and get up at the same time every day! And don't play on your phone in the evening. 1 Do sport
- B Don't say 'I hate vegetables!' Eat fruit and vegetables you like three times a day. And don't eat a lot of sweets. 2 Sleep well
- C Healthy children drink a lot of water. Have water in your schoolbag, not cola! 3 Healthy food
- D You don't like football or swimming — no problem! You can ride your bike to school or walk to be active every day. 4 Water is great

2  Write true (T) or false (F).

- 1 Healthy children sleep for six hours.
- 2 Children shouldn't play on their phones in the evening.
- 3 Children should eat more fruit and vegetables.
- 4 Every child should have a bottle of cola in the schoolbag.
- 5 Children shouldn't be active every day.
- 6 Ride a bike to be healthy.

3  Circle the correct variant.

- 1 Children **should** / **shouldn't** get up at the same time every day.
- 2 Eat **fruit** / **sweets** three times a day.
- 3 Children shouldn't hate **vegetables** / **cola**.
- 4 It is good to play **football** / **on your phone**.
- 5 Children should **walk** / **sleep** more to keep fit.