

1. My mom usually gives me an apple or oranges for snacking.
She wants me to eat more _____ fruit _____.
2. It's a good idea to eat _____, like carrots and onions, with meat and fish.
3. My brother is unhealthy because he eats too much _____.
4. _____ drinks such as cola has a lot of sugar.
5. I try to get at least eight hours of _____ every night.
6. You should do more exercise to stay _____.
7. Hannah's eating habits is _____. She has sweets and soda drinks with every meal.

