FILL IN THE GAPS USING WORDS FOR THE BOX

exercise, sleep, water, healthy food, breakfast, sport, rest, vegetables, fruit



01. _____ is the most important meal of the day, so don't skip it.

02. Eat more fresh _____ and _____ every day because they are full of vitamins.

03. Drink enough _____ and try to eat _____ instead of fast food.



04. Do morning _____ or do _____ you like to stay fit.

05. Take a _____ after hard work and get eight hours of _____ at night.

LIVEWORKSHEETS