# Healthy habits

Complete the sentences with the words in the box. Then listen and check.



exercise regularly



eat fruit and vegetables



drink water



brush your teeth




cook fresh food




have a hobby



be organised




take a break

1 Come on, you've worked hard all day. It's time to_____.

2 No wonder you can't fi nd your Science project,Tony – look at your desk! You have to _____. It'seasier that way.

3 Dentists say it's OK to _____ 3 times a day.

4 _____before you go for a run, but don't have too much.

5 Do you _____? You know, reading, playing video games, doing a sport?

6 Have you had dinner at Rachel's house? Her dad's a great cook. He likes to _____and he makes the best pasta I've ever tried.

7 You have to _____, Tom. You'll feel much better for it! Come for a run with me tomorrow!

8 I think you're eating too much cake and chocolate, Sam you need to _____.

LIVEWORKSHEETS