

Write **30 – 50 words**

- Healthy food you eat.
- Unhealthy food you eat
- Any exercise you do.

- Write in full sentences.
- Use full stops and capital letters.
- Use conjunctions (and, but, because, so, or)

This image shows a full page of blank, lined paper. It features approximately 20 horizontal black lines spaced evenly across the page, typical of notebook paper or a template for handwriting practice. The lines are thin and extend from the left edge towards the right. There is no text, handwriting, or other markings on the page.