

HEALTHY EATING HABITS

5 Read and match. Draw lines to match.

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| 1. I eat vegetables at dinner. | a. I like bananas and oranges. |
| 2. I eat junk food on Saturday. | b. I go to bed at 8:00. |
| 3. I eat fruit every morning. | c. I ride my bike and jump rope. |
| 4. I get rest every day. | d. I love cookies and ice cream. |
| 5. I get exercise every day. | e. I like corn and peppers. |
| 6. She eats fruit every day. | f. Because he loves them! |
| 7. He eats junk food at night. | g. She loves mangoes. |
| 8. Why does he eat vegetables? | h. She swims every afternoon. |
| 9. Does the baby get rest? | i. He eats three bags of chips. |
| 10. She gets exercise every day. | j. Yes. She sleeps at night. |

6 Look, read, and write. Use words from the box.

eat fruit eat junk food eat vegetables get exercise get rest



1. They _____ every day. 2. They _____ every day.