

Complete the recommendations with the missing information.

Dear friend, (1) Sheila

You have to follow WHO recommendations to improve your lifestyle.

(2) \_\_\_\_\_ active. (3) \_\_\_\_\_ exercise at home.

(4) \_\_\_\_\_ moderate amounts of fats and oils.

(5) \_\_\_\_\_ fruits and vegetables.

It can cause diabetes!

Take care,

Frank



Dear friend, (1) \_\_\_\_\_

You have healthy habits, congratulations!

(2) You go \_\_\_\_\_ four times a week.

(3) You \_\_\_\_\_ fruits every day.

(4) You don't eat \_\_\_\_\_.

Help to campaign!

Frida



Dear friend, (1) \_\_\_\_\_

You have to follow WHO recommendations to improve your lifestyle.

(2) \_\_\_\_\_ healthy walks. (3) \_\_\_\_\_ exercise classes online and (4) \_\_\_\_\_

\_\_\_\_\_ and down the stairs.

(5) \_\_\_\_\_ sugar diet.

(6) \_\_\_\_\_ a variety of food.

Reduce eating fast food!

Greetings,

Keyla

