

Staying healthy

Complete the texts below with words from the box

small good check up balanced diseases
fats fresh fruit year sleep fiber



Tip 1: You should have a medical _____
once a _____. The doctor will be
able to diagnose and spot any _____.

Tip 2: Get a _____ night's _____.



Tip 3: Have a _____ diet. Eat lots of
_____ vegetables, _____ and
food rich in _____ every day.
_____, oils and sweets should always
be eaten in _____ quantities.

