

Stay healthy

Write 70–80 words giving advice about how to keep healthy

You should / you shouldn't ...

Eat ... / Drink ... / Don't eat

You have to ... to.... (тебе необходимо чтобы)

1. How important is good health?
2. What you should eat and drink?
3. What shouldn't you eat and drink?
4. Why do you have to exercise?
5. What kind of exercise can you do?
6. How much should you sleep?