

A. Choose.

1. We should our food well before we swallow it.
a chew **b** bite
2. I'm healthy because I three times a week.
a exercise **b** move
3. When I'm tired, I use the
a stairs **b** lift
4. We should try to eat food that has lots of
a meals **b** vitamins
5. If we eat healthy food, we our energy levels up.
a keep **b** stay

B. Fill in.

chew - healthy - meals - magical - brain - while

- 1) Vegetables are very _____ snacks.
- 2) Your _____ is in in your head.
- 3) You mustn't _____ gum in class.
- 4) I like being alone once in a _____.
- 5) This is a fairy tale about a _____ creature.
- 6) You should eat five _____ every day.