

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.