

Complete the sentences.

Well done! habit change healthy should weekend thirsty meals
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1. I love the weekend because we don't have school.

2. You need to eat three a day.

3. You got a lot of points on the quiz.

4. Eating healthy food every day is a good .

5. Do you have any water? I'm so .

6. You eat well. You are .

7. You eat better.