

Read the sentences and mark T for true or F for false.

1. () You eat right when you eat a lot of hot dogs, hamburgers, French fries and ice cream.
2. () You sleep well when you have 9 to 10 hours of sleep.
3. () A healthy attitude is to eat well and exercise.
4. () A good social life is when you stay home surfing the Net gossiping about people.
5. () When you play outside and do physical exercises, you have a healthy body.
6. () It's good to drink a lot of water and to eat your food slowly.
7. () When you drink coffee or soda at night, you sleep very well.
8. () Make new friends, hang out with them and eat well if you want to be overweight.