

Choose and complete with *must*, *mustn't*, *can* and a verb from the box.

~~have~~ eat (x 2) sit go sleep play drink exercise

RULES FOR GOOD HEALTH by Zoe Baker

We ¹ *must have* a good
breakfast every morning. We
² fruit and
vegetables and we
³ eight glasses of
water every day.
We ⁴ sometimes
sweets and chocolate but not very often.

We ⁵ on a chair all
day – we ⁶ We
⁷ a sport, walk or
ride our bikes.
We ⁸ to bed late.
We ⁹
for eight hours every night.

Zoe