



If you want to be healthy and fit you need to follow some rules. You should be careful about what you put in your body. You should eat three meals a day. Some people skip breakfast. Breakfast is a very important meal because when you get up, your body needs fuel to start your day. It's important to eat protein, vegetables and carbohydrates to get the energy your body needs. That breakfast will keep you feeling full until lunch time. You shouldn't skip meals.

You should eat only healthy food. Instead of having a bowl of ice-cream, eat a bowl of yogurt. You should drink more water. If you drink more water, you will be much healthier because water is important for your skin.

You should eat a lot of vegetables several days a week. Vegetables give your body fiber. Fiber is important for your digestive system. You should eat only healthy fats. You can find the healthy fats in fish. Your body needs them. Your body needs vitamins. Fruits have the vitamins. Your meal should be balanced to help your body get all what it needs.

You should start walking or cycling for about 20 minutes several times a week. You should start exercising. You don't need to exercise every day. Exercising will make you stronger and build your muscles. You can go to the club and swim or run. Exercising will make you healthier and happier. You should sleep for about 8 hours every night. Staying up late will make your body feel tired. It isn't very difficult to be fit. You only need to watch what you eat.

1. Match the following word with the correct definition:

1. fit	() In place of that.
2. skip	() A material used to give energy.
3. fuel	() Healthy and strong.
4. instead	() To leave something to go to another thing.
5. several	() Riding a bicycle.
6. fiber	() Some.
7. cycling	() parts of plants that you eat to help your digestive system.

2. Match the following word with the correct picture:



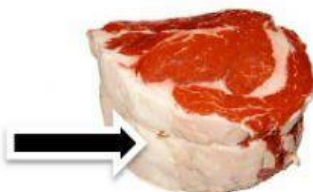
bowl

fats



digestive system

muscles



yogurt

3. Answer the following questions:

1. What should you have in your breakfast to get energy?

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2. Why shouldn't you skip breakfast?

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3. Why shouldn't you stay up late?

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4. Why is fiber important?

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5. In which food can you find vitamins?

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6. Think about other ways to keep fit.

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