1-Eat healthy food. It's a good idea to eat five portions of fruit and vegetables every day. Don't eat lots of junk food. If you feel hungry between meals,eat an an apple or a banana.
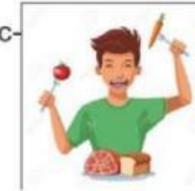
a-

2-Drink lots of water. Your body is 70% water, so it needs lots of water to keep it healthy. You should drink six to eight glasses of water every day. Don't drink lots of sweet drinks because the sugar is bod for your teeth.

b-

3-Get enough sleep. Your body needs to rest Every day. Most adults need seven or eight hours of sleep every night, and children need more. Don't be tired!

c-

4-Do some exercise every day. You can go for a walk, go swimming or play football You need exercise because it makes you strong and it's good for your heart. And it makes you feel good too!

d-

Healthy Choices   **Unhealthy Choices**