Healthy Living

Answer Box:

drinks water soft drinks eats fast food go to bed early

do exercise stay up late eat fruit and vegetables

on time watch TV all evening

Choose the correct phrase from the answer box to complete each sentence.

1. I always _____ because getting enough sleep is important for my health.
2. My best friend never _____ because it is unhealthy.
3. We often _____ to stay active and feel strong.
4. I sometimes _____, but I try to go to bed early on school nights.
5. She usually _____ instead of drinking _____ to stay hydrated.
6. They rarely _____ because watching too much TV is not good for our eyes.
7. We are always _____ because being late for school is stressful.
8. Eating_____ is important to keep us healthy.

LIVEWORKSHEETS