

Healthy Living

Choose the correct option

It is important to _____ to bed early to have a good night's sleep.

a) go

b) stay

c) do

Drinking _____ too often is not good for your health.

a) water

b) soft drinks

c) fruit

I always try to eat _____ food to stay healthy.

a) fast

b) junk

c) healthy

If you don't _____ for tests, you might not do well.

a) study

b) sleep

c) drink

My parents tell me not to _____ up late on school nights.

a) go

b) stay

c) eat

I prefer to do _____ every day to stay fit.

a) watching TV

b) exercise

c) eating fast food

He was late for school because he _____ too late.

a) went to bed

b) studied for

c) drank soft drinks

You should always try to be _____ for school.

a) late

b) on time

c) tired