

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