

PART 3 (5 marks)

Read text and answer the questions.

The first step to a healthy lifestyle is to have a balanced diet. We should eat more fruit and vegetables. They provide us with vitamins. Fish, meat and chicken are also good.

We must also exercise regularly. Exercising increases our stamina and improves our health. Our body will become stronger too. We need eight hours of sleep every night. If not, we might easily fall sick. So we should never go to bed late.

Lastly, we must avoid eating junk food like sweets and crisps. We must also remember to drink eight glasses of water everyday.

10. What is the first step to a healthy lifestyle?

- A. balanced diet      B. exercise      C. sleep

11. Why should we eat more fruit and vegetables?

- A. provide vitamins      B. increase stamina      C. improve our health

12. How can we increase our stamina and improve our health?

- A. sleep      B. balanced diet      C. exercise

13. How many hours of sleep do we need?

- A. eight      B. nine      C. seven

14. What should we avoid eating?

- A. vegetables      B. junk food      C. fruit