

1 Look and match. Then complete the sentence.

- | | |
|------------------|-------------|
| 1 exercise | 4 sleep |
| 2 healthy food | 5 rest |
| 3 unhealthy food | 6 fresh air |

Healthy food, rest,
doing _____ and getting
_____, help us to keep _____.



Hi Denise!

Last week, I decided to do more to keep (1) healthy. First, I changed what I eat. At lunch I have a sandwich and an apple. For dinner I have lots of fresh vegetables. I have some cake or chocolate, but not every day! So now I don't eat (2) _____ food. I also walk to school every day and I joined a volleyball team last week. So, I do more (3) _____ now. I also take the dog for a walk and ride my bike in the park. This way I get lots of (4) _____. In the evening, I watch TV or read a comic book. I also go to bed early during the week so I'm not tired in the morning. It's important to get (5) _____ too.

Do you want to go swimming with me on Saturday?

Bye,

Dora

1 exercise

2 healthy food

3 unhealthy food

4 sleep

5 rest

6 fresh air