

Healthy Habits – Food and drinks

Having healthy habits is very important for your body and mind.

People who do exercise, like swimming, running, or sports, feel strong and good every day.

Eating good food is also important. It's better to eat more fruits, rice, and beans, and less meat. These foods help your body and give you energy.

Many people like pizza and cheese, but they should eat them only sometimes.

It's also good to drink water or juice. Soda is not good for your teeth or your health. Remember:

eating healthy food and doing exercise help you live a happy life!

1. True or False

- a) Healthy habits are good for your mind and body. _____
- b) People who do exercise feel sad every day. _____
- c) Fruits and beans are good for your body. _____
- d) Soda is good for your teeth. _____

2. Choose the correct answer

- a) People who do exercise are usually: a) tired b) strong c) hungry
- b) It's better to drink: a) soda b) water c) coffee
- c) Good foods are: a) rice and beans b) pizza and cheese c) fries and soda

3. Match the words



a) for your teeth

b) for your health

c) to stay strong

d) give you energy

5. Fill in the blanks

- a. It's important to have _____ habits.
- b. You should eat more _____ and less meat.
- c. Drinking _____ is better than soda.
- d. Exercise helps you feel _____.

6. Classify

Healthy	Unhealthy



egg	burger
cake	fruit
juice	chicken
rice	fish
milk	candies
pizza	soft drink

7. Answer

- 1. Do you like pizza?
- 2. Do you have milk for breakfast?
- 3. Does your friend like rice?
- 4. Do you drink soda?
- 5. Does our friend eat candies?

