

Match:

**After you read** Complete the sentences so that they mean the same.

- 1 The most important thing to be happy is to be nice to your friends and family.  
The top tip to be happy is to be nice to your friends and family.
- 2 I only had an apple and some grapes today.  
I only had two \_\_\_\_\_ of fruit today.
- 3 I was ill last week so I stayed at home.  
I was ill last week so I couldn't get \_\_\_\_\_.
- 4 You should sleep well each night to stay healthy!  
You should \_\_\_\_\_ each night to stay healthy!
- 5 Make your bedroom a quiet place to sleep well.  
Make your bedroom a \_\_\_\_\_ place to sleep well.
- 6 Drinking water after exercise makes you feel stronger!  
Drinking water after exercise gives you \_\_\_\_\_!

sleep tight

portions

calm

~~top tip~~

energy

out and about