Date: _____

1 Read and match the tips to their headings.

TIPS HOW TO BE HEALTHY

A Healthy children sleep from ten to six o'clock. Go to bed early and get up at the same time every day! And don't play on your phone in the evening.

B Don't say 'I hate vegetables!' Eat fruit and vegetables you like three times a day. And don't eat a lot of sweets.

C Healthy children drink a lot of water. Have water in your schoolbag, not cola!

D You don't like football or swimming — no problem! You can ride your bike to school or walk to be active every day.

1 ☐ Do sport

2 ☐ Sleep well

3 ☐ Healthy food

4 ☐ Water is great

2 Write true (T) or false (F).

1 ☐ Healthy children sleep for six hours.

2 ☐ Children shouldn't play on their phones in the evening.

3 ☐ Children should eat more fruit and vegetables.

4 ☐ Every child should have a bottle of cola in the schoolbag.

5 ☐ Children shouldn't be active every day.

6 ☐ Ride a bike to be healthy.

3 Circle the correct variant.

1 Children ***should*** / ***shouldn't*** get up at the same time every day.

2 Eat ***fruit*** / ***sweets*** three times a day.

3 Children shouldn't hate ***vegetables*** / ***cola***.

4 It is good to play ***football*** / ***on your phone***.

5 Children should ***walk*** / ***sleep*** more to keep fit.

LIVEWORKSHEETS