

Healthy living

Healthy habits help us keep fit and avoid _____. Here is some advice.

Eat more fruit and _____, especially _____ ones like carrots and tomatoes. They provide a lot of _____.

Eat meat, eggs, and cheese, but not too much. You may _____ weight.

Drink enough _____, but not soft drinks.

Be active and _____ every day. Do outdoor activities like cycling, swimming, or playing sports. They keep you _____.

Go to bed _____ and get about 8 hours of sleep daily, so you will not feel _____.

Keep your room _____ and clean. Open windows to let in _____ air and sunshine on fine days.