

A Healthy Lifestyle and Nutrition

A healthy lifestyle is important for our body and mind. We **should** have healthy habits every day.

First, we **should eat** fruit and vegetables because they give us vitamins and energy. We **should drink** enough water every day. We **shouldn't drink** too many sugary drinks.

We **should exercise** regularly. We can walk, dance, run, or play sports. Exercise helps us stay strong and healthy. We **shouldn't spend** too much time sitting or using electronic devices.

We also **should sleep** well every night. Good sleep helps us feel active and focused at school. We **shouldn't stay up** very late.

A healthy lifestyle is not difficult. We **should make** small healthy changes every day to feel better and stay healthy.

Reading comprehension

1. What should we eat every day?

- a. fruit and vegetables
- b. candies and cakes
- c. junk food



2. What shouldn't we drink too much?

- a. water
- b. sugary drinks
- c. milk



3. What should we do to stay strong?

- a. yoga
- b. watch tv.
- c. exercise



4. Why should teenagers sleep well?

- a. tired
- b. to feel active and focused at school
- c. excite

