

Homework (06)

Complete the sentences below. Use words below:

healthy ~~fit~~ energy chips sugar cabbage calcium
sardine

- 1 People who exercise every day want to be fit.
- 2 _____ are a type of fish that have a lot of calcium.
- 3 To be _____, you have to eat a good diet and drink lots of water.
- 4 _____ are made from potatoes. They have a lot of salt and fat.
- 5 When you can do things without getting tired, you've got lots of _____.
- 6 Chocolate and sweets have got a lot of _____.
- 7 A _____ is a big, round vegetable.
- 8 You need _____ to help your bones grow.

Are these statements True or False?

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|--|--------------|
| 1- If you don't like doing exercises, you can watch TV. | True / False |
| 2- We shouldn't eat a lot of chips, chocolate or sweets. | True / False |
| 3- Soda contains a lot of calcium. | True / False |
| 4- One can of cola contains about nine teaspoons of sugar. | True / False |
| 5- Beans don't contain calcium. | True / False |
| 6- Sardines have contain more calcium than milk. | True / False |