

How do we stay healthy?

Firstly, you must eat a healthy diet. You must eat more fruit and vegetables. You should also drink more water and less fizzy drinks.

You are what you eat. Unhealthy food makes your body unhealthy. So, you should avoid eating too many burgers, potato chips and all the fast-food items.

Your body also needs protein to grow healthy. You should eat food with protein such as eggs, fish and so on.

If you want to be healthy, you should eat healthy food every day!

1. _____

2. _____

3. _____

4. _____

Eat more

5. _____

6. _____

7. _____

8. _____

Eat less