

1 Listen and match.

Listen to the children talking about healthy tips.
Match the tips a-e with the children 1-5.



Azza



Haitham



Aysha



Waleed



Reem



- a I try to eat healthy snacks like fruit instead of chocolate and sweets.
- b I recommend only eating junk food occasionally.
- c I always eat 5 servings of vegetables a day.
- d My healthy tip is to drink lots of water.
- e I eat a big breakfast so I don't eat any snacks before lunch.