

Healthy habits

Complete the sentences with the words in the box. Then listen and check.



exercise regularly



eat fruit and vegetables



drink water



brush your teeth



cook fresh food



have a hobby



be organised



take a break

1 Come on, you've worked hard all day. It's time to _____.

2 No wonder you can't find your Science project, Tony – look at your desk! You have to _____ . It's easier that way.

3 Dentists say it's OK to _____ 3 times a day.

4 _____ before you go for a run, but don't have too much.

5 Do you _____ ? You know, reading, playing video games, doing a sport?

6 Have you had dinner at Rachel's house? Her dad's a great cook. He likes to _____ and he makes the best pasta I've ever tried.

7 You have to _____ , Tom. You'll feel much better for it! Come for a run with me tomorrow!

8 I think you're eating too much cake and chocolate, Sam you need to _____ .