

## 1) Read and correct the sentences.

**Be healthy!**

It's very important to take care of your body every day! You know that food is very important and eating food from every food group and playing sports is a great recipe for a healthy life! Eat a healthy breakfast, lunch and dinner and eat fruit or vegetables for your snack.

Don't forget to look after your body. Have a shower or a bath minimum four times a week. Brush your teeth three times a day, in the morning, in the afternoon and in the evening! In winter it's important to dry your hair because if your hair isn't dry you can get the flu and that's no fun! Sleep for nine or ten hours at night. If you do that, you aren't going to be tired. Try to wake up early in the morning and read a book or go for a walk, play with friends or help your parents. Don't only watch TV all day! It's important to move!



- 1 Eat fruit for your dinner.

Eat fruit and vegetables for your snack.

- 2 Have a shower or a bath once a week.

Have a shower or bath minimum four times a week.

- 3 Brush your teeth at night.

Brush your teeth three times a day.

- 4 Sleep for six or seven hours at night.

Sleep for nine or ten hours at night.