

**1. Answer the questions.**

a) How many meals do you have to eat?

.....

b) Why do you have to eat slowly and chew well?

.....

c) How many glasses of water do you have to drink every day?

.....

d) Why do you have to drink water?

.....

e) Is fast food healthy?

.....

**2. Complete the sentences from the text.**

a) You have to have ....., ....., a light snack, and ..... every day.

b) You can also drink ..... because they are healthy.

c) Hamburgers, fried potatoes, and pizzas are called .....