

1. Read the text and write 'T' for true or 'F' for false in the blanks.

- a) Only children should have a healthy diet.
- b) Some people don't live a healthy life.
- c) If you eat healthy food, you will be short.
- d) Two glasses of milk is good for you.
- e) Eating beef and fish makes you strong.
- f) Genetics means a healthy diet.

2. Fill in the blanks with the words from the box.

diet

healthy

food

- a) When people play sports, they are more
- b) Eating good is important for everyone's life.
- c) She is on a now because she wants to be fit.

3. What do you eat every day to stay strong and healthy?

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