

1. Match the headings below to the paragraphs in the text.

- a) Get your 5 A Day!
- b) Fad Diets
- c) Don't skip breakfast!
- d) Vitamin D
- e) Calcium
- f) Stay hydrated!
- g) Feeling tired?

2. Complete the sentences according to the text.

- a) Teenagers should eat
because
- b)
..... are the tips to stay healthy.
- c) Osteopenia