

**1. Are these sentences true or false? Correct the false ones.**

a) To be healthy, you need to go on a diet.

True

False

.....

b) We can skip meals when needed.

True

False

.....

c) It is very important to drink enough water.

True

False

.....

d) You should exercise for at least 20 minutes every day.

True

False

.....

**2. Answer these questions.**

a) What can you eat instead of an ice-cream?

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b) What will exercise do to your body?

.....

c) What happens if you don't get enough sleep?

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d) How many hours should you sleep every night?

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