

1. Read the text and answer the following questions.

a) When do we usually worry about our body?

.....

b) What food is not good for our body?

.....

c) What can a relaxed person do?

.....

d) What do you do to keep healthy? Fill in the table accordingly.

FOOD (What do/don't you eat?)	
PHYSICAL EXERCISE (What sport / activities do you do? How often do you do them?)	
RELAX (What do/don't you eat?)	
SLEEP (How many hours do you sleep? / What time do you go to bed?)	
TEETH (How often do you brush your teeth in a day? How often do you go to the dentist?)	