

**1. Answer the questions according to the text.**

a) Why do we need water?

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b) How much water should we drink?

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c) What do we need to do after we eat a hamburger, large fries and drink a milkshake?

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d) What kind of changes happen to our body when we exercise?

.....

e) How much sleep do adults need?

.....

**2. Are the statements true (T) or false (F)? If the statement is false, write the correct statement.**

a) Doing sports is enough to be healthy. ....

b) We need to drink three glasses of water every day. ....

c) We can die from drinking too much water. ....

d) Exercise makes us feel happy. ....

e) Babies should sleep more than 10 hours. ....