



HEALTHY HABITS

Answer the phrases **true** or **false**:

- We should eat fruit and vegetables _____
- Carbohydrates give us energy _____
- We should sleep for 8 hours every night _____
- We don't need to exercise _____
- Fruit and vegetables are unhealthy _____
- We can eat lots of sugar _____
- Dairy products give us calcium _____
- We should brush our teeth after eating _____
- We should go to bed early _____
- We can eat unhealthy food _____
- Sleep is not important _____
- We only need to do exercise one day a week _____
- Protein helps repair our body _____
- Coca-cola is healthy _____
- We should eat protein, carbohydrates, dairy products and fruit

- It is important to wash your hands before meals

Answers

- We should eat fruit and vegetables **true**
- Carbohydrates give us energy **true**
- We should sleep for 8 hours every night **true**
- We don't need to exercise **false**
- Fruit and vegetables are unhealthy **false**
- We can eat lots of sugar **false**
- Dairy products give us calcium **true**
- We should brush our teeth after eating **true**
- We should go to bed early **true**
- We can eat unhealthy food **false**
- Sleep is not important **false**
- We only need to do exercise one day a week **false**
- Protein helps repair our body **true**
- Coca-cola is healthy **false**
- We should eat protein, carbohydrates, dairy products and fruit **true**
- It is important to wash your hands before meals **true**