



**Match the description to the health advice:**

**EXERCISE, SLEEP, EAT FRUIT AND VEGETABLES, DRINK WATER, RELAX**

1. People need to do this every day for about 8 hours to be healthy. =
2. People should have 5 pieces of this every day. =
3. People need to do things like sport and be active to be healthy . =
4. People need to rest to be healthy. =

Fill in the gaps with **should** or **shouldn't**:

1. You \_\_\_\_\_ eat five pieces of fruit and vegetables every day.
2. You \_\_\_\_\_ sleep for 8 hours every night.
3. You \_\_\_\_\_ eat lots of sugar and fat.
4. You \_\_\_\_\_ do lots of sport and exercise.
5. You \_\_\_\_\_ always go to school by car.
6. You \_\_\_\_\_ walk to school.
7. You \_\_\_\_\_ eat meat and fish.
8. You \_\_\_\_\_ drink two litres of water every day.