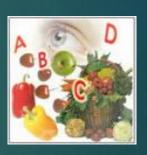
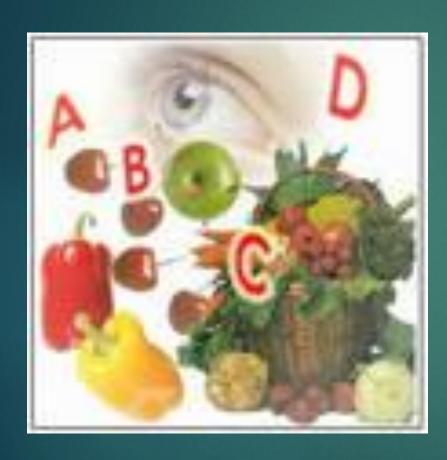
## Keeping Fit



## Vitamins make people healthy.















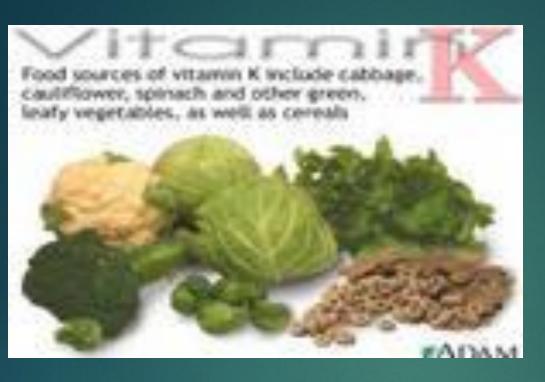
парус















## **Bad Habits**















Fast food



		Yes	No
1. Do 3	vou often eat vegetables and fruit?		
2. Do y	vou do sports regularly?		
3. Do 3	you watch TV for more than an hour?		Ш
4. Do y	vou eat chocolate, sweets, chips		
and biscuits every day?			
5. Do you sleep 8-10 hours at night?			
6. Do you sometimes think about how fit you are?			
	Put "One" for each "Yes".		
	What is your total score?		
Now re	ead about yourself:		
0-3:	Oh, dear! Forget about sweets and chips. Yo	и	
	need fruit and vegetables and lots more exer	rcises.	
3-4:	Do more exercises and eat more carefully.		Ì
5-6:	You keep fit! Well done!		

