

UNIT
5

KEEPING FIT AND HEALTHY

REVIEW

A Being Fit And Healthy

It is wonderful to be fit and healthy. To keep ourselves fit and healthy, we must eat the right amount and the right types of food.

B Ways Of Keeping Fit And Healthy

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| <ul style="list-style-type: none">● Have a balanced diet.● Exercise regularly.● Have enough sleep.● Drink a lot of water. | <ul style="list-style-type: none">● Do not smoke.● Do not eat junk food.● Avoid drinks which contain too much sugar. |
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