

ESOL 20 - Level 2 - What do you do to stay healthy? ([#832 Fred](#) and [#992 Thuy](#))

A. Write THREE things that they do to stay healthy.

FRED	THUY
1. Sleep a lot	1. Eat vegetables
2. Eat three times a day	2. Exercise
3. Exercise	3. Think positive

B. Fill in the missing words.

FRED
Oh, wow, well, I do many things to stay healthy. For example, I sleep a lot. I enjoy _____ sleeping _____. Many hours it's good for you. I like to eat a lot, oh and also, I eat at proper times of the day, so _____ three _____ times a day, and always at the same time, and I think that is also very good for my health, and of course I do a lot of _____ exercise _____ as well, so that's what I do to stay healthy.
THUY
I think that the first thing to do, to stay healthy is to eat healthily. Add more _____ vegetables _____ to your diet, and eat less junk food. The second thing is to exercise regularly. It _____ doesn't _____ mean that you have to go to the gym every day, and work out there for one hour. You can climb the stairs, you can _____ walk _____, or ride a bicycle to the supermarket or bookstore. That's exercising and having fun too. And last but not least, _____ think _____ positive.

Write a paragraph about YOU. Read the teacher's example.

I do many things to stay healthy. First, I eat healthy food. I eat lots of vegetables, and I never eat meat. Second, I often exercise. I like to run. I usually run at Mt. Tabor Park four times a week. Finally, I drink a lot of water. That is very good for me. I do one bad thing for my health. I don't get enough sleep. I go to bed after midnight every night. I should go to bed at 10 PM.

What do you do to stay healthy?

[illegible]