

Neo is filling in a questionnaire about healthy habits.

Complete the questionnaire below.

Name: Neo Chan Age: 10 Height: 138 cm Weight: 32 kg

1. Do you skip meals? Yes / No
Why? It can lead to low blood sugar. I may feel exhausted.
2. Do you eat vegetables and fruits every day? Yes / No
Why? They help me with my digestion.
3. Do you eat at least three types of foods in each meal? Yes / No
Why? I think a balanced diet is important for my body to function properly.
4. Do you exercise at least 30 minutes a day? Yes / No
Why? I'm busy. But I'll try to exercise more because I get sick easily.
5. Do you meditate before you go to bed? Yes / No
Why? My brain can take a rest when I sit still and close my eyes. I can sleep better too.

Choose the best answers by blackening the circles.

1. Neo has a healthy diet. He _____ every day. (Choose more than one answer.)
 - A. eats a fruit
 - B. eats only vegetables and fruits
 - C. asks his mum to put different foods in his packed lunch
 - D. eats only one meal
2. To prevent the flu, Neo may _____.
 - A. eat more oranges
 - B. have a flu vaccine
 - C. take some medicine
 - D. go jogging every morning
3. Neo _____ before he goes to sleep.
 - A. watches his favourite TV show
 - B. does sit-ups
 - C. daydreams
 - D. sits quietly
4. (a) tired (adj.) _____
(b) work (v.) _____
(c) finish (v.) _____

 Q3

Read Neo's answer to question 5.