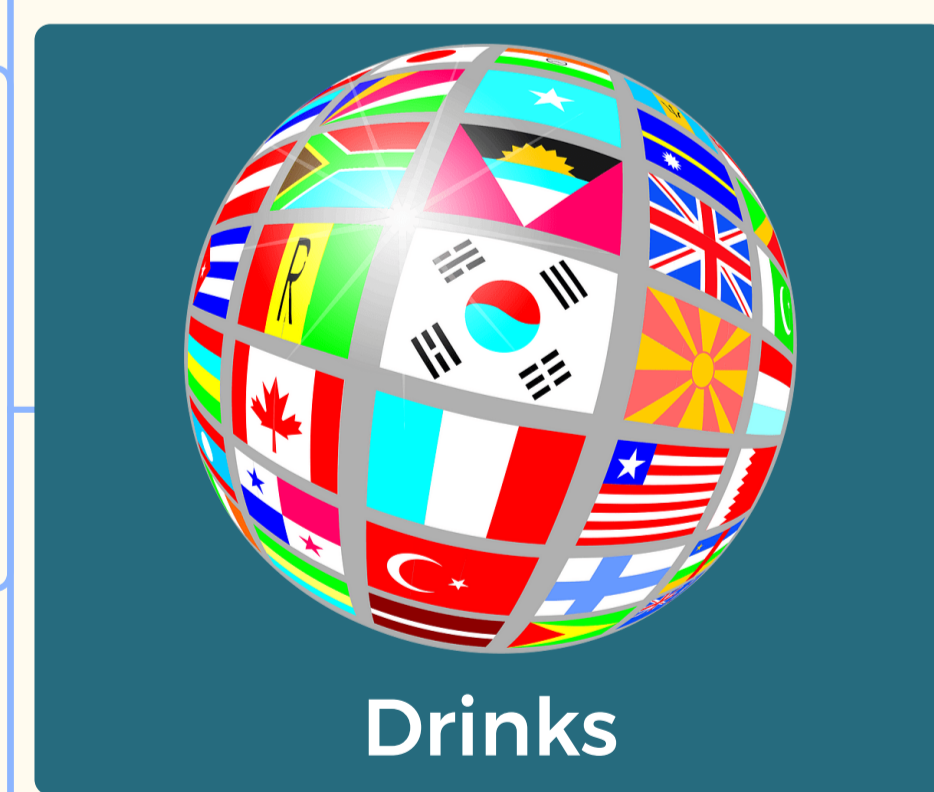
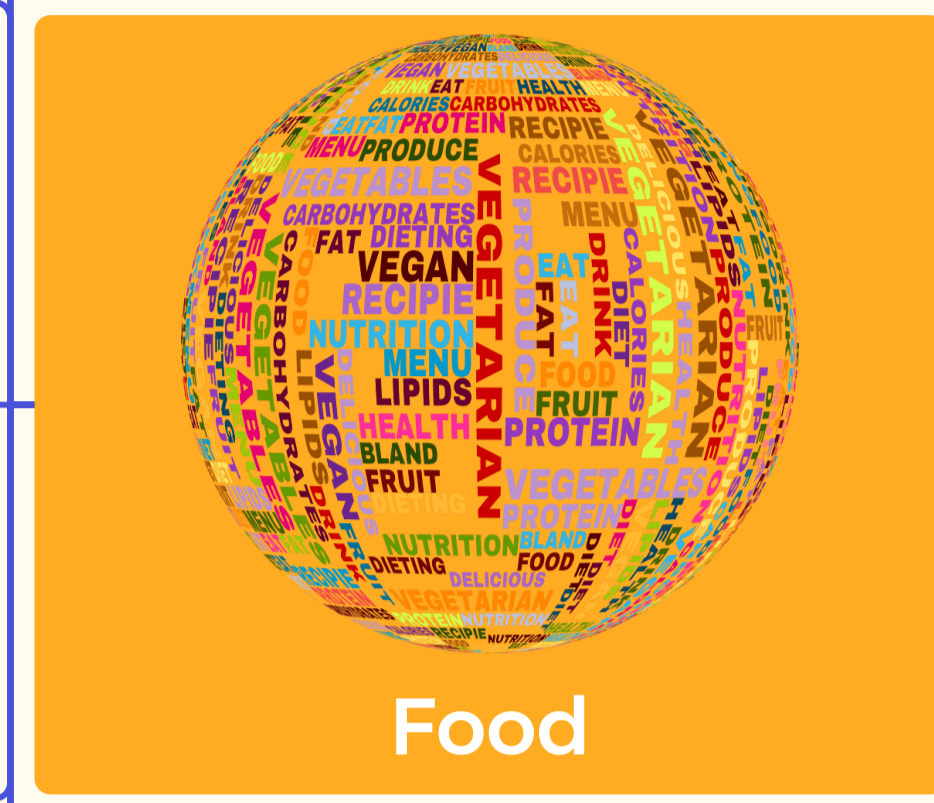


- vegetables
- fruits
- bread
- rice
- pork
- cakes
- ice creams
- fish
- candies
- junk food

- water
- milk
- coffee
- wine
- beer
- tea
- softdrinks



- take a bath
- brush my teeth
- wash my hands
- change my clothes
- clean my ears
- comb my hair

- take a walk
- go running
- go jogging
- play basketball
- play tennis
- play soccer

**Expressions:**

We should/shouldn't...

... helps me keep fit.

To keep fit, I have ... for breakfast/lunch/dinner.

... is important for my fitness.

In the morning, I usually have (has) ... and ... for my (her) breakfast. I (She) eat(s) ... and ... for lunch, and ... and ... for dinner. Before bedtime, I (She) like(s) to ... and ... I (She) make(s) sure to ... and ... three times a week to stay fit.