

Directions: Complete each sentence by finding all the endings that make sense. **More than one sentence ending is possible.**

1. To get healthier you could _____ .
 - a) eat more fats and sweets.
 - b) eat more fruits and vegetables.
 - c) eat less junk food.
 - d) drink more water.

2. A good health decision could be _____ .
 - a) to get a health checkup.
 - b) to do fewer physical activities.
 - c) to eat good foods from all the food groups.
 - d) to watch more TV.

3. A good thing about getting healthier is _____ .
 - a) you have more energy.
 - b) you reduce your risk of disease.
 - c) you feel less stressed.
 - d) you spend a lot of money.