

Preventive Care – Physical Activity and Good Nutrition

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

1. Jim feels good when _____ .

- a) he eats at fast food places.
- b) he skips meals.
- c) he has the flu.
- d) he eats three healthy meals a day.

2. Jim stays healthy and fit by _____ .

- a) watching TV.
- b) drinking more water.
- c) walking for thirty minutes a day.
- d) drinking beer.

3. Jim keeps from getting sick by _____ .

- a) smoking.
- b) wearing sun block.
- c) brushing and flossing his teeth every day.
- d) going for a yearly checkup.