

B1

If I eat too much junk food, _____

Answer: _____

If I don't eat breakfast, _____

Answer: _____

If I eat fruits and vegetables every day, _____

Answer: _____

If I drink enough water, _____

Answer: _____

If I eat a balanced diet, _____

Answer: _____

If I eat fast food every day, _____

Answer: _____

If I don't exercise regularly, _____

Answer: _____

If I eat too much sugar, _____

Answer: _____

If I eat late at night, _____

Answer: _____

If I skip meals, _____

Answer: _____

Answers

If I eat too much junk food, _____

Answer: I will gain weight

If I don't eat breakfast, _____

Answer: I will feel hungry during the day

If I eat fruits and vegetables every day, _____

Answer: I will have more energy

If I drink enough water, _____

Answer: I will stay hydrated

If I eat a balanced diet, _____

Answer: I will stay healthy

If I eat fast food every day, _____

Answer: I will have health problems

If I don't exercise regularly, _____

Answer: I will become unfit

If I eat too much sugar, _____

Answer: I will damage my teeth

If I eat late at night, _____

Answer: I will have trouble sleeping

If I skip meals, _____

Answer: I will feel weak and tired