



## Letter to my little sister

Dear sister,

If you want to be healthy, there are some things you **must** do. You **should** drink a lot of water and try not to drink alcohol when you grow older. Besides, you **should** eat vegetables and fruit everyday and proteins every week. You can find proteins in fish, meat, pulses and dairy products. You **mustn't** eat a lot of sugar, it is proved that is unhealthy. If you eat sugar, you could get cavities, put on weight and get a poor brain performance.

You **should** exercise every week, so your body grows strong and balanced. Moreover, the exercise will make you feel good. If you feel down, practice a sport you like and you will feel happy again.

You **must** eat all types of food (balanced diet) to get all the nutrients your body needs to work well. However, eating too much is unhealthy. Remember that balance is the key.

You **mustn't** take any drugs, even if your friends tell you that it is ok. However, having friends and loved ones around will make you happier and healthier.

I hope all this piece of advice is helpful for you.

All the best,



Your brother

**Write a letter to your little brother, sister or cousin giving advice about healthy and unhealthy habits. Use should, shouldn't, must and mustn't Here you have an example to help you.**

Lined writing area consisting of 20 horizontal lines for the student to write their letter.

