

# Worksheet: Open Gap Fill

Topic: Open Gap Fill: Healthy Lifestyle | Year: Year 5



**Fill in the gaps with ONE suitable word**

1. Keeping fit is not only about (1) \_\_\_\_\_ to the gym.
2. It is (2) \_\_\_\_\_ important to have a balanced diet.
3. Many people (3) \_\_\_\_\_ that they don't have enough time.
4. However, even a short (4) \_\_\_\_\_ can make a difference.
5. Drinking water (5) \_\_\_\_\_ of sugary drinks is better for you.
6. Stress (6) \_\_\_\_\_ also be reduced by regular exercise.
7. Getting enough sleep (7) \_\_\_\_\_ crucial for your mental health.
8. You should try (8) \_\_\_\_\_ avoid eating too much fast food.
9. Small changes (9) \_\_\_\_\_ lead to long-term benefits.
10. Start today (10) \_\_\_\_\_ you will feel better soon.



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### Solutions

1. Keeping fit is not only about [GOING] to the gym.
2. It is [ALSO] important to have a balanced diet.
3. Many people [COMPLAIN/SAY] that they don't have enough time.
4. However, even a short [WALK/EXERCISE] can make a difference.
5. Drinking water [INSTEAD] of sugary drinks is better for you.
6. Stress [CAN] also be reduced by regular exercise.
7. Getting enough sleep [IS] crucial for your mental health.
8. You should try [TO] avoid eating too much fast food.
9. Small changes [CAN] lead to long-term benefits.
10. Start today [AND] you will feel better soon.