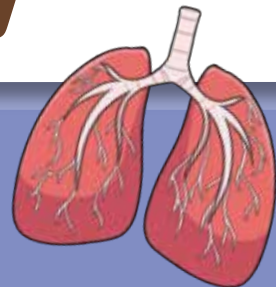
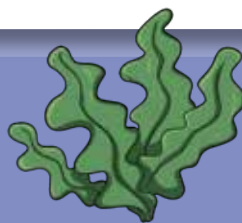
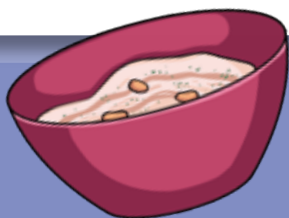


READING & SPEAKING



Staying Healthy



Name: _____

Teacher: _____

Date: _____

SECTION 1

Part A. Let's Read

A Healthy Life

With so much school work to do, most kids don't think about staying healthy. However, living a healthy life is very important, and it's not just about eating fruit and vegetables. Let's learn how to gain a healthier lifestyle!



1. Eating healthily

A healthy diet includes fruits, vegetables, dairy, and low-fat meats such as chicken and fish. It is also important to drink plenty of water. Our bodies are nourished when we eat right and stay hydrated. This ensures that we grow to be strong and healthy. Avoid eating too many sugary snacks such as cookies and candies – eating one or two is okay, but don't eat them all!

2. Exercising often

Exercising for an hour every day helps strengthen our muscles, bones, and heart so that they stay strong. Swimming, running, and playing sports with friends are fun activities, and they are great forms of exercise too!



3. Sleeping well

Getting enough sleep is also part of staying healthy. When we're sleepy, it's harder to stay awake in class or do well on our school work. Not getting enough sleep can even make us feel grumpy and get sick. Kids should sleep for around ten hours each night!

4. Preventing stress

Stress is what we feel when we worry about something too much, such as an exam. We may feel angry, scared, or sad when we worry about these things. Stressing too much can also make us get sick. Things you can do to help with stress include asking for help, exercising, or doing something fun, such as painting pictures or playing outside with friends.

Eating healthily, exercising, and preventing stress will help us stay happy and strong! What do you do to stay healthy?

Part B. Let's Talk

Why is it important to get enough sleep?

What happens to our bodies when we are not healthy?

What can we do to avoid becoming stressed?

What foods are good for us and which foods are bad?

Part C. My New Words

Write each word and its definition. Next, write a sentence using the new word.

1

Word: _____ noun / verb / adjective / adverb

Definition: _____

Sentence: _____

2

Word: _____ noun / verb / adjective / adverb

Definition: _____

Sentence: _____

3

Word: _____ noun / verb / adjective / adverb

Definition: _____

Sentence: _____

4

Word: _____ noun / verb / adjective / adverb

Definition: _____

Sentence: _____

5

Word: _____ noun / verb / adjective / adverb

Definition: _____

Sentence: _____

6

Word: _____ noun / verb / adjective / adverb

Definition: _____

Sentence: _____

Part D. Vocabulary Check 1

Find new words in the text that have similar meanings to the following words.

1. **unhappy**

2. **afraid**

3. **unwell**

4. **tired**

Part E. Vocabulary Check 2

Write a word that matches each of the following definitions.

1

To give what is needed to grow strong and healthy

n

2

To stay away from or stop yourself from doing something

a

3

An organ inside the chest which pumps blood around the body

h

Part F. Challenge Yourself!

Complete the sentences by filling in the blanks with the words from the word box.

forms • **stress** • **hydrated** • **sport** • **gain**

1. My favorite _____ is tennis.
2. Trains, buses, and airplanes are all _____ of transportation.
3. Getting lost in a new place can cause lots of _____.
4. If you are visiting a hot place, you must take care to stay _____.
5. You will _____ weight if you eat lots of chocolate.

SECTION 2

Part A. Let's Learn

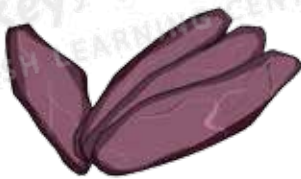
World Snacks

There are many healthy snacks around the world. Let's learn about them!



Paletas are frozen fruit bars eaten in Mexico. They come in many flavors, including avocado, banana milk, and strawberry. Unlike ice cream, paletas don't have extra sugar as they are already sweet and fruity.

Dried seaweed is a popular snack in Japan. This tasty treat is crunchy and salty, like a potato chip, but it's much healthier! Seaweed contains vitamins that help prevent disease.



Biltong is a dried meat snack eaten in South Africa. This snack has lots of protein and is low in sugar. This means it is great for building muscles and keeping us strong.

Hummus is a well-known snack in countries such as Egypt and Turkey. It is made from beans, lemon, garlic, and seeds. It can be eaten with pita bread or used as a dip for fresh vegetables.



Part B. Let's Check

Refer to the text, *World Snacks*, and draw lines to suggest a snack for each person.

1

Harry eats lots of potato chips but wants a better snack that will keep him healthy.

2

Ann likes sweet things, but is worried about the risks of eating too much sugar.

3

Fred wants to grow big and strong to become the best swimmer in the world!



Part C. Multiple Choice Questions

Refer to the reading, *A Healthy Life*. Circle the letter next to the correct answer.

1. Which of the following is part of a healthy lifestyle?

- a. Drinking plenty of water
- b. Eating sugary snacks
- c. Watching lots of TV
- d. Sleeping until lunchtime

3. What can be done to prevent feeling stressed?

- a. Do fun activities
- b. Exercise
- c. Ask for help
- d. All of the above

2. Which of the following foods is not healthy?

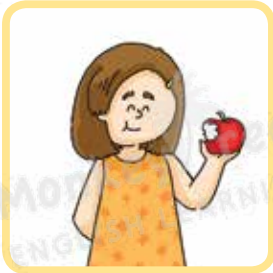
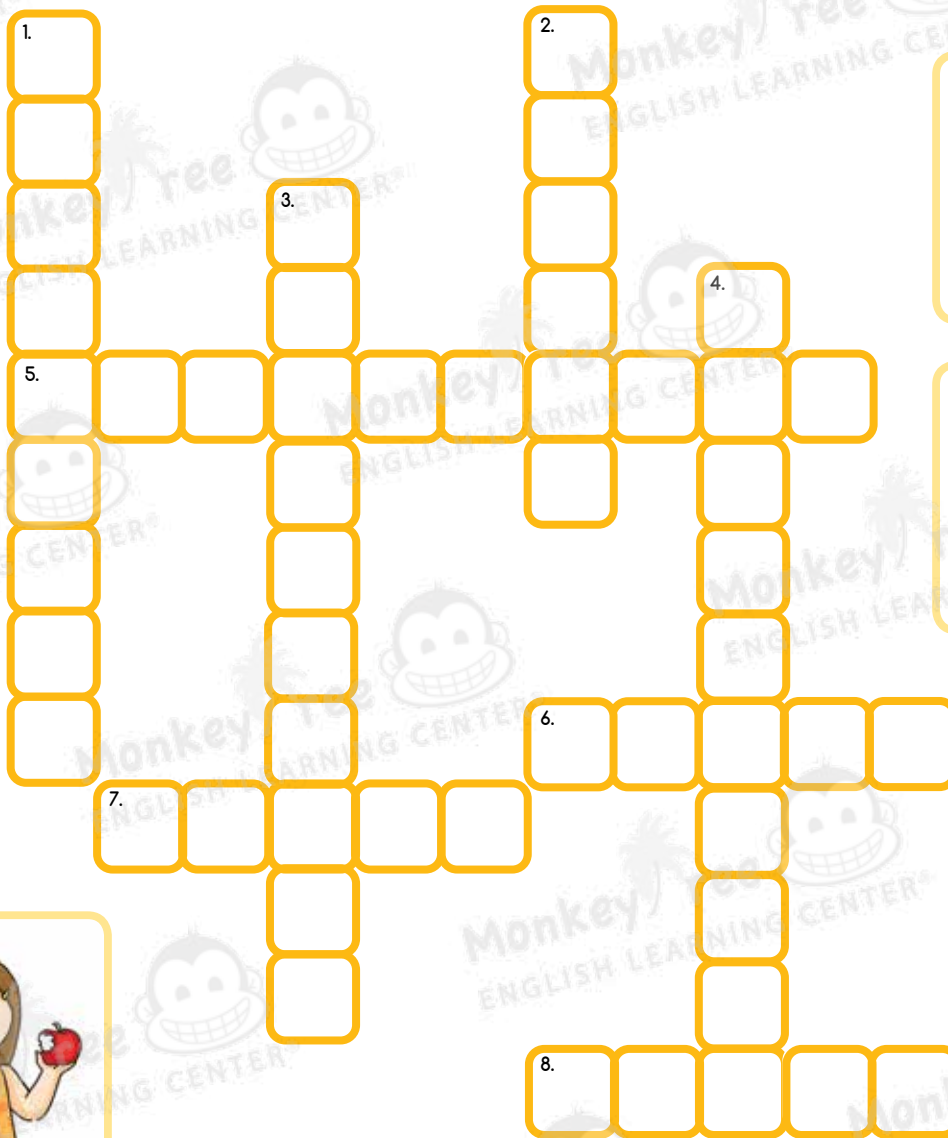
- a. Fish
- b. Cookies
- c. Milk
- d. Carrots

4. Why is stress a bad thing?

- a. It can make us sick
- b. It stops us eating healthily
- c. It makes us sad and angry
- d. Both a. and c.

Part D. Challenge Yourself !

Refer to the reading, *A Healthy Life*, and use the clues to complete the crossword puzzle.



Down

1. The way in which a person lives their life
2. A very large amount of something; more than enough
3. Stopping something bad from happening
4. Healthy foods growing in the ground

Across

5. To make something or someone stronger
6. Not asleep
7. Foodstuffs that come from animals, such as milk, cheese, and butter
8. The body parts we strengthen by exercising, which allow us to move

Part E. Language Focus

Modal Verbs

★ **Modal verbs** are used to talk about how important it is to do something.

★ We use **may** to talk about things that we can choose to do.

Example: Stanley **may** borrow my pencil.

★ We use **should** to talk about things that are a good idea to do.

Example: You **should** take an umbrella with you.

★ We use **must** to talk about things that we have to do.

Example: Students **must** walk in the corridors.

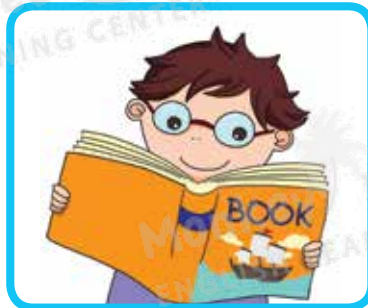
★ To write a **negative sentence**, we put the word '**not**' after the **modal verb**.

Example: You **should not** make too much noise.

Let's practice! Use the words and pictures to make sentences with modal verbs.



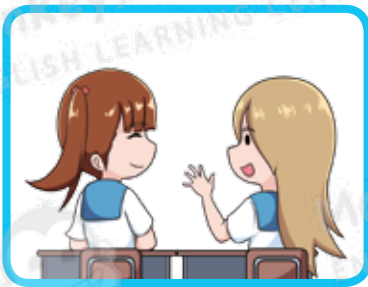
1. Eat cookies



2. Study often



3. Walk the dog



4. Talk during lessons



5. Recycle plastic



6. Go to the cinema



7. Be quiet



8. Hand in homework



9. Open your presents