

Unit 7: Healthy & Wise

Read the poem.

For us,
To be healthy, wealthy, and wise,
Is more than just hard work,
Early to bed, early to rise,
We get both pain and perk.

For us,
To be healthy, wealthy, and wise,
Always eat well and keep fit,
Breathe fresh air and exercise,
Bad habits we must quit.

For us,
To be healthy, wealthy, and wise,
Avoid fast food and sugary drink,
Listen and act on good advice,
And life will be in the pink.



Answer the questions.

1. What is the poem about?
a. Hard work b. being healthy, wealthy and wise c. bad habits
2. State three ways to be healthy, wealthy, and wise. Find the answer in the poem.
i. _____
ii. _____
iii. _____
3. Find the meaning of the words or phrases. You may use the dictionary. You can also **google** for the meaning.
a. Wise _____
b. Quit _____
c. Perk _____
d. In the pink _____
4. Match the similes to the correct reflection of the word. You can **google** to find the similes.
a. Wise _____
b. Happy _____
c. Fit _____