



SARASAS WITAED MINBURI SCHOOL

SEMESTER 1, ACADEMIC YEAR 2021-2022

Worksheet No: 3

Student's Name _____ Grade:4 _____

Subject: _____ Date: _____ Teacher: _____

Part 1: True or False

5 points.

1. Exercise is important to our health. _____
2. Exercise keeps us fat and obsess. _____
3. Exercise is fun and enjoyable. _____
4. Posture is the general way of holding the body. _____
5. We grow weak with good posture. _____

Part 2: Multiple choice: Choose the letter of the correct answer.

1. Posture is the general way of holding the _____
a. Body b. nose c. arm d. legs
2. Is the condition of keeping our backs straight?
a. Good posture b. bad posture c. bending d. jumping
3. Bad posture may _____ our body organs.
a. Help b. strengthen c. damage d. both a and b
4. Exercise is important for our _____.
a. Health b. education c. nutrition d. all of the above
5. Exercise is _____
a. Bad b. fun c. can cause disease d. none of the above