Monday, 20th September 2021

UNIT 2 – FIT AND HEALTHY (READING WEEK)

Learning Objective

Answer comprehension questions based on the text.

Steps to Success

1. Read the text about *Keeping Fit*.
2. Read the questions.
3. Answer the questions in a complete sentence.
4. Begin your answer with a capital letter and ends with a full stop.

LIVEWORKSHEETS

What are they doing?



Keeping clean



Too much electronic time



Playing sport



Eating too much



Driving the car



Sleeping enough



Eating healthy

LIVEWORKSHEETS

Write down several ways to stay healthy.

1.

2.

3.

4.

LIVEWORKSHEETS

Place these activities in the correct group.



Keeping clean



Too much electronic time



Driving a car



Playing sport



Enough sleeping



Eating too much



Eating healthy

Healthy activity	Unhealthy activity
1.	1.
2.	2.
3.	3.
4.	

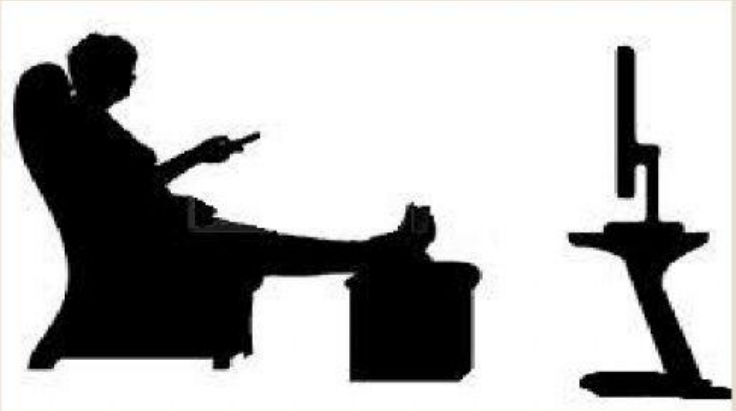
LIVEWORKSHEETS

Keeping Fit



Why is it important to keep fit and healthy?

LIVEWORKSHEETS



We need to be active. We need to run and play. Sitting in front of the TV or computer makes us lazy. If we do not move around, we won't have much energy. We will get tired. Being active is important. Being active keeps us healthy.

LIVEWORKSHEETS



People who are active are healthy. When you are healthy, you are happier.

LIVEWORKSHEETS

Comprehension questions:

Choose the correct answer.

1. **What should we do to keep fit and healthy?**

2. **What activities should we do?**

3. **What happens if we sit in front of a TV or computer?**

4. **What will happen if we are active?**

Thank you for attending class!
Take care and stay safe.
LIVEWORKSHEETS