

Read and choose.



1 Eating a lot of candy is healthy.

Yes

No

2 Running at the park is unhealthy.

Yes

No

3 Eating vegetables is healthy.

Yes

No

Read and choose.



1

For a healthy body, it's very important to eat the right food. We need to eat different kinds of fruit and vegetables every day. Drinking water is good for us and we need to drink a lot of it every day. Cake and candy can be bad for our teeth.

2

Exercise is good for our bodies. We can run and swim or play sports like basketball and tennis. It's important to move our bodies to be healthy.

3

Our bodies need rest, too. Everyone needs to sleep, and children need to sleep about 10 hours every night.