Textbook page: p.97

Listening Skill

PBD Module DSKP Practice

LS 1.1.2 Understand independently specific information and details in simple longer texts on a range of familiar topics.

LS 2.1.2 Ask for and respond appropriately to simple suggestions

TRACK 15

A Listen to the advice on 'Quick Tips for a Healthy Body'.

B Complete the graphic organiser.

How to take your food

(a) Eat a small handful of _____ and nuts.

(b) _____ ensure a supply of good nutrients. Vary the colour of the fruits.

(c) Fill half your plate with a variety of _____ and a good quarter of each protein and good carbs.

(d) Chew your food well and good to help in _____.

Liquid

(e) _____ is the most vital nutrient.

(f) Your intake should be _____ a day.

(g) Replace coffee and soda intake with _____.

Tips for a Healthy Body

What to avoid

(h) _____ and rich/fried food unless you are eating out.

(i) Save the _____ for real healthy food at home.

Web Link

Check out this article on habits you need for a healthy mind and body:

https://www.goalcast.com/2017/12/14/8-habits-healthy-mind-and-body/

Info

LIVEWORKSHEETS