

## Activity 1. Fill in the words



s       o    r       s



v   e       t       b       s

f   r       i      



j       i       e



w          h

s       e       p



## Activity 2 . Read the story about Bill's healthy life and finish the sentences



I am healthy because I do sports. I run , play volleyball and football. I am healthy because I eat vegetables every day. I eat broccoli, carrots and lettuce. I am healthy because I eat fruit. I eat apples, bananas and oranges. I am healthy because I drink a lot. I drink water, milk and juice. I am healthy because I wash every day. I wash my hands, my hair and my body. I am healthy because I sleep well. I go to bed early and get up early. I am healthy because I am happy. I feel great every day.

1. I am healthy because I do .....
2. I eat vegetables every .....

3. I am healthy because I drink .....

4. I am healthy because I wash my .....

5. I am healthy because I am .....

**Activity 3. Tick what you do to be healthy**

I am healthy  
because...



I drink lemonade.

I play computer games.

I eat fruit and vegetables.

I eat hamburgers.

I drink water and juice..

I do sports.

I wash every day.

I sleep well.