

1. Look and write.

stretch your arms

ride a bike

fly a kite

play football

swim

run

stretch your leg

stretch your body



2. Read and fill in the blanks.

body	hands	swimming	wash	eat	should
nose	sleep	teeth	vegetables	shouldn't	

HOW TO TAKE CARE OF YOUR BODY

- You should _____ healthy food from all food groups: dairy, fruits, _____, grains and protein.



- You _____ clean yourself by taking a bath. Don't forget to wash your _____ from head to toe.

- You should brush your _____ after eating.



- You should _____ your hands often with soap. Don't forget to wash your _____ before meals, after using the bathroom, after taking out the garbage and after blowing your _____.

- You should do exercises every day by finding ways to stay active, such as running, _____ or playing sports.



- You _____ go to sleep late. Your body needs _____ to get ready for the next day.

3. Write a short paragraph by answering these questions

How do you take care of your body?

What activities are good for your health?

How often do you do exercises?

Example

I take care of my body by eating good food, drinking water, and playing sports. Good activities for my health are playing basketball, riding my bike, and swimming. I exercise three times a week to stay healthy.