Unit 4 Let's Take Care of Our Body

L.O: Identifies and uses basic vocabulary about healthy habits

HEALTHY HABITS

Let's Learn!

We take care of our body every day.
Healthy habits help us grow strong and happy.

LIVEWORKSHEETS

1. Speaking. Listen and Repeat:

1.1 Watch the video:

https://www.youtube.com/watch?v=l-cSLXkp8oU

1.2 Repeat the Words:

- Brush teeth
- Wash hands
- Eat vegetables
- Drink water
- Sleep
- Exercise

1.3 Practice:

I brush my teeth.

I drink water.

LIVEWORKSHEETS

2. Listening. Listen and Repeat:

2.1 Listen and Choose

https://www.youtube.com/watch?v=hB99BPZplfs

2.2 Choose the pictures to show why Ben feels great every day.

LIVEWORKSHEETS

3. Reading:

3.1. Read the story.

Healthy Body

by Elisa Leong

✔ I am healthy because I exercise.
I run every day.

✔ I am healthy because I eat vegetables.
I eat broccoli, carrots, and lettuce.

✔ I am healthy because I eat fruit.
I eat apples, bananas, and watermelon.

✔ I am healthy because I drink a lot.
I drink water, milk, and orange juice.

✔ I am healthy because I wash every day.
I clean my hands, my hair, and my body.

✔ I am healthy because I sleep well.
I sleep early and get up early.

✔ I am healthy because I am happy.
I smile all the time.

✔ I am healthy because I take care of myself.
I feel great every day.

✔ I am healthy because I take care of myself.
I feel great every day.

✔ I am healthy because I am happy.
I smile all the time.
I am healthy because I take care of myself.
I feel great every day.

LIVEWORKSHEETS

3.2 Choose the correct answer:

1. Why is the child healthy?

A. Because I watch TV
B. Because I exercise
C. Because I play video games

2. What vegetables does the child eat?

A. Candy and cake
B. Broccoli, carrots, and lettuce
C. Pizza and fries

3. What does the child drink?

A. Soda only
B. Water, milk, and orange juice
C. Coffee

4. What does the child clean every day?

A. Toys only
B. Hands, hair, and body
C. Shoes

5. How does the child feel every day?

A. Sad
B. Angry
C. Great

LIVEWORKSHEETS

4. Grammar: **Drag and drop to complete the sentences.**

sleep | drink | eat | brush | run

1. I _____ my teeth.
2. I _____ water
3. I _____ vegetables.
4. I _____ at night.
5. I _____ every day.

Evaluate yourself!

Let's Play!

LIVEWORKSHEETS