Name: **Class:**

HEALTHY LIFESTYLE

A healthy lifestyle is important for everyone. We should eat nutritious food, drink enough water, and exercise regularly. These habits help our bodies stay strong and healthy.

Getting enough sleep is also important. Sleep helps our bodies rest and recover after a busy day. People who sleep well usually feel more energetic and focused.

We should also avoid unhealthy habits such as eating too much junk food and spending too much time on electronic devices. By making healthy choices every day, we can enjoy a better life.

A. Vocabulary

Match the words with their meanings.

Nutritious

_____

Exercise

_____

Sleep

_____

Healthy

_____

Energy

_____

a. The power needed to be active.
b. Good for your body and mind.
c. Physical activity that keeps the body fit.
d. Food that contains useful nutrients.
e. A period of rest for the body and mind.

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B. Comprehension Questions

1. Why is a healthy lifestyle important?

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2. What are some healthy habits mentioned in the text?

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3. Why is getting enough sleep important?

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4. What is the main idea of the text?

_____

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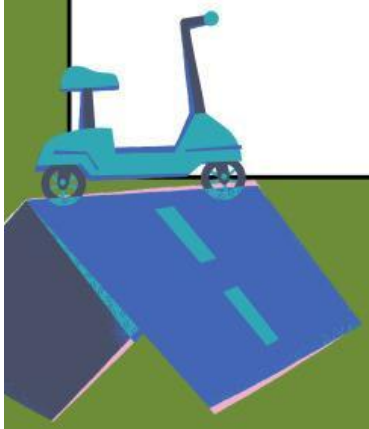

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