Healthy and Fit!

Read the text about Anna and her healthy life.

Hi! My name is Anna.
I want to be healthy and fit.
I eat healthy food every day.
I eat three meals a day:
breakfast, lunch, and dinner.
I eat fruit and vegetables.
I eat five servings of fruits or vegetables every day.
I don't eat much junk food.
I drink water and I take vitamins every day.

My Food and Nutrition



I exercise three or more days a week.
I like to ride my bike and play soccer.
I do both weight training and aerobic exercise.
Exercise is very important for me!

My Fitness



I go to the doctor once a year for a physical exam.
I sleep well every night.
I usually sleep 8 hours.
Good sleep helps me feel happy and full of energy.

My Health



I think a healthy life is important.
It helps me learn, play, and enjoy my day!

Remember!

- Eat healthy food.
- Exercise regularly.
- Get a physical exam.
- Sleep well.

A healthy and fit life makes you happy!

LIVEWORKSHEETS

Activity 1. Choose the correct answer.

1. How many meals does Anna eat every day?

a) One
b) Two
c) Three

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2. Anna eats _____ every day.

a) candy
b) fruits and vegetables
c) pizza

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3. Anna exercises

a) three or more days a week
b) once a month
c) never

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4. Anna likes to

a) swim
b) ride her bike and play soccer
c) watch TV all day

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5. Anna usually sleeps

a) 4 hours
b) 8 hours
c) 12 hours

Activity 2. Find the information. Write the correct answer.

Question	Answer
Meals per day	_____
Servings of fruits and vegetables	_____
Exercise	_____
Hours of sleep	_____
Doctor visits	_____

Activity 3. Put the events in order. Number the sentences from 1–5.

- ☐ Anna sleeps 8 hours.
- ☐ Anna exercises.
- ☐ Anna eats breakfast.
- ☐ Anna drinks water.
- ☐ Anna goes to the doctor once a year.

LIVEWORKSHEETS