



“Doctor's Advice: Stay Fit and Healthy!”



Choose the correct answer:

1. Where does Dr. Mia work?

- A) At a school
- B) At a busy clinic in town
- C) At a hospital far away
- D) At a sports centre

2. How much physical activity does Dr. Mia recommend for children each day?

- A) Thirty minutes
- B) Two hours
- C) At least one hour
- D) Fifteen minutes

3. What does Dr. Mia say children in Grade 4 should do for nine to ten hours each night?

- A) Read books
- B) Play outside
- C) Watch television
- D) Sleep

4. Which of these does Dr. Mia say helps make our bones and eyes strong?

- A) Soda and juice
- B) Carrots and spinach
- C) Oranges and bananas
- D) Bread and rice

5. Why does Dr. Mia tell patients to wash their hands often?

- A) To make their hands look nice
- B) To keep their hands warm
- C) To stop germs from spreading
- D) To cool down after exercise





Fill in the blank



1. Dr. Mia tells her patients to drink lots of instead of sugary drinks like soda.
2. Fruits like oranges and bananas give our bodies that help us fight sickness.
3. When we exercise, our becomes stronger and our muscles grow bigger.
4. Dr. Mia says we should wash our hands especially before eating and after using the
5. When we sleep, our body repairs itself and our gets ready for a new day of learning.

Match:

- | | |
|------------------------|------------------------------------|
| 1. Oranges and bananas | A. Give our bodies vitamins |
| 2. Carrots and spinach | B. Helps stop germs from spreading |
| 3. Exercise | C. Makes the heart stronger |
| 4. Washing hands | D. Make our bones and eyes strong |

True or false:

1. Dr. Mia recommends that children drink soda instead of water.

☐ True

☐ False





2. Dr. Mia says that children in Grade 4 should sleep for about nine to ten hours each night.

☐ True

☐ False

3. Dancing is one of the physical activities that Dr. Mia says children can do.

☐ True

☐ False

4. Dr. Mia works at a school.

☐ True

☐ False

Answer:

1. According to Dr. Mia, what happens to our body and brain when we get enough sleep?

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2. Name two activities that Dr. Mia says count as physical activity for children.

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