



1

Read the story. Choose a word from the box.

Write the correct word next to numbers 1–5. There is one example.

healthy

rest

headache

water

earlier

temperature

medicine

tired

toothache

slower

Last Monday, Mia woke up feeling (example) healthy. She was happy because she had lots of energy.

But after playing outside, she got a

1 _____ and felt very hot.

Her mum checked her 2 _____ and told her to stay at home.

Mia wanted to go to school, but her mum said she should 3 _____ and drink plenty of 4 _____. She also said Mia shouldn't watch TV late at night and should go to bed 5 _____.

After two days, Mia felt much better. She decided to eat better food and be more active every day to stay strong and well.



2

Now choose the best name for the story. Tick one box.

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Mia's Busy School Day

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Mia Learns to Look After Herself

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A New Sports Competition

