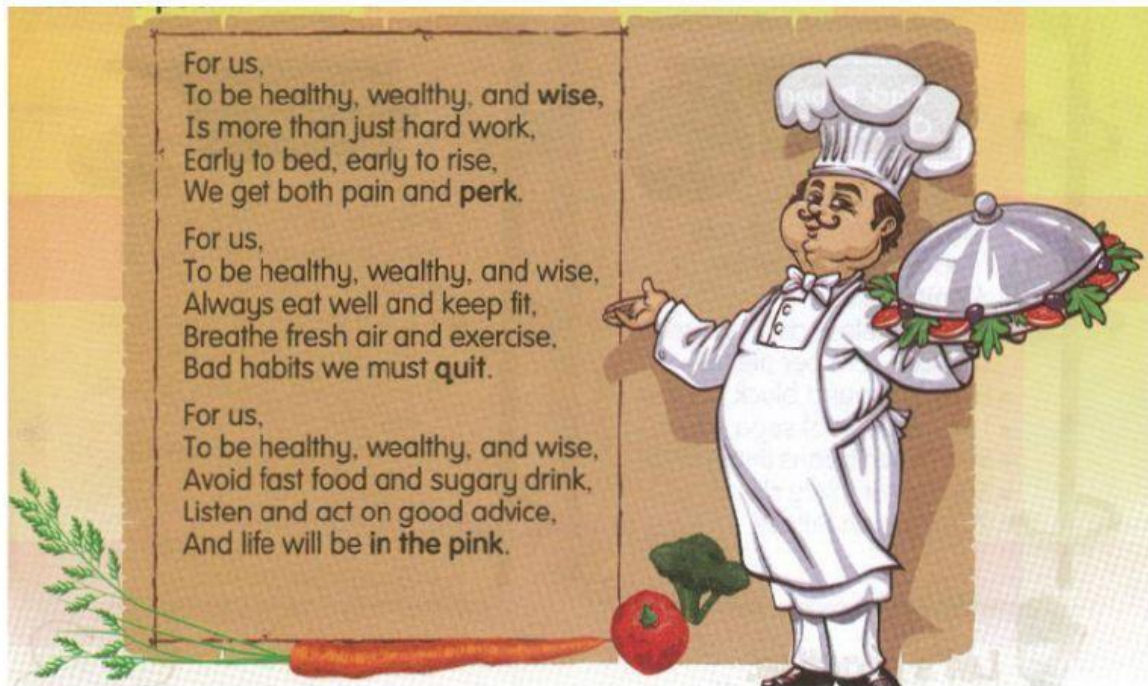


UNIT 7: HEALTHY AND WISE

READING: POEM

Refer to the poem on page 65 of the textbook. Then choose the correct answer for each question below.



For us,
To be healthy, wealthy, and wise,
Is more than just hard work,
Early to bed, early to rise,
We get both pain and perk.

For us,
To be healthy, wealthy, and wise,
Always eat well and keep fit,
Breathe fresh air and exercise,
Bad habits we must quit.

For us,
To be healthy, wealthy, and wise,
Avoid fast food and sugary drink,
Listen and act on good advice,
And life will be in the pink.

1. What is the poem about?

_____ .

2. State three ways to be healthy, wealthy and wise?

_____ .

3. We should _____ to be strong and healthy.

4. Fast food such as _____ are bad for health.

5. We should exercise in the park to breathe in

_____.

6. We must not drink a lot of _____ .

7. Choose the correct meaning of words and phrases below. You may use dictionary.

a) wise = _____

b) perk = _____

c) quit = _____

d) in the pink = _____