



1 Read. Circle the correct answer.

1. It's inside your body. It is very hard. What is it?
A. a shoulder B. a toe C. a mouth D. a bone
2. It's in the middle of your arm. What is it?
A. a back B. an elbow C. a knee D. a finger
3. You have ten of these on your hands. What are they?
A. toes B. shoulders C. fingers D. bones
4. It is the part between your arm and your neck. What is it?
A. a shoulder B. a hand C. a head D. a leg
5. It is under your neck. The food you eat goes into it. What is it?
A. a stomach B. a neck C. a shoulder D. a knee

2 Write. Using "It's important to/ It's not good to...". There is one example.

0. important/ have enough sleep.

1. important/ get enough rest.

It's important to have enough sleep.

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2. not good/ eat too much fast food.

3. not good/ play too much video games.

4. important/ drink enough water.

5. not good/ spend too much time on TV.

3 Read and answer the questions.

What we need for a day: Rest: 10 hours 

Water: 8 glasses 

Food: 3 meals 

What John, Amy and Sarah had yesterday:

	John	Amy	Sarah
Rest			
Water			
Meals			

Look at the table and answer the questions

0. Did John have enough sleep?
1. Did Amy have enough sleep?
2. Did Sarah drink enough water?
3. Did Amy have enough meals?
4. Did John drink enough water?
5. Did Sarah drink too much water?

No, he didn't.

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