



SARASAS WITAED MINBURI SCHOOL

SEMESTER 1, ACADEMIC YEAR 2021-2022

Worksheet No: 3

Student's Name _____ Grade: 4 _____

Subject: _____ Date: _____ Teacher: _____

Part 1: True or False

5 points.

1. Exercise is important to our health. _____
2. Exercise keeps us fat and obsess. _____
3. Exercise is fun and enjoyable. _____
4. Posture is the general way of holding the body. _____
5. We grow weak with good posture. _____

Part 2: Multiple choice: Choose the letter of the correct answer.

1. Posture is the general way of holding the _____.
a. Body b. nose c. arm d. legs
2. Is the condition of keeping our backs straight?
a. Good posture b. bad posture c. bending d. jumping
3. Bad posture may _____ our body organs.
a. Help b. strengthen c. damage d. both a and b
4. Exercise is important for our _____.
a. Health b. education c. nutrition d. all of the above
5. Exercise is _____.
a. Bad b. fun c. can cause disease d. none of the above