# Sarasas Witaed Ekkachai School – Online Class

Name: _____ No.____ Gr.____

A. Choose the letter of the correct answer.

1. What do we need to stay healthy?

a. a polluted place

b. a good diet

c. a nice gadget

2. What is it that keeps our heart and muscles healthy?

a. sleep b. water c. exercise

3. It's bad if too much but it needs of our body?

a. vegetables b. fruits c. sunshine

4. Which of the following is not a good diet?

a. sugars b. proteins c. carbohydrates

5. Which of the following is not ingredients of a healthy life.

a. sleep b. safe surroundings c. alcohol

LIVEWORKSHEETS

B. Choose **true** if it is correct and **false** if it is wrong.

_____6. Pizza is a protein.

_____7. 10 minutes in sunlight is bad for our body.

_____8. Playing soccer makes our heart healthy.

_____9. We use dirty water for washing.

_____10. Sleep helps our body to refresh.

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