

## Health Rules



Everyone knows that it is no fun to be sick! Here are some health rules that English children learn.

Wash your hands and brush your teeth before going to bed. Open the window in your room and sleep in the fresh air for nine or ten hours.

In the morning take a bath. Be sure you do not forget to wash your neck and ears. Brush your teeth and clean your finger nails. Eat some eggs for breakfast and drink milk or cocoa, but do not drink tea or coffee.

Play outside for at least an hour during the day. Wash your hands before lunch and before dinner. Eat some meat, vegetables, and fruit every day.

Follow these rules and you will be healthy.

## New Words and Expressions

outside

healthy

it is no fun to be sick

health rules

fresh air

be sure you do not forget

at least

during the day

### Exercises 1: True or False

- \_\_\_\_\_ 1. It is fun to be sick.
- \_\_\_\_\_ 2. We should wash our hands and brush our teeth before going to bed.
- \_\_\_\_\_ 3. We should sleep with the windows open.
- \_\_\_\_\_ 4. We need nine or ten hours of sleep.
- \_\_\_\_\_ 5. Children should drink tea or coffee.
- \_\_\_\_\_ 6. We should wash our hands before eating.
- \_\_\_\_\_ 7. We should play outside at night.
- \_\_\_\_\_ 8. We should take a bath in the morning.
- \_\_\_\_\_ 9. We should not eat vegetables.
- \_\_\_\_\_ 10. We should clean our finger nails.

**Exercises 2:** Complete each of following sentences with the best word from the list. Use each word only once.

breakfast

fresh

lunch

clean

forgets

outside

dinner

healthy

vegetables

1. We should eat meat and \_\_\_\_\_ every day.
2. I eat \_\_\_\_\_ in the morning.
3. I like \_\_\_\_\_ fruit.
4. I have \_\_\_\_\_ at noon.
5. My brother often \_\_\_\_\_ to wash his neck and ears.
6. My sister will \_\_\_\_\_ her room tomorrow.
7. The children like to play \_\_\_\_\_.
8. We should try to keep \_\_\_\_\_.

**Exercises 3:** Find the word in **Column 2** that is the opposite of the word in **Column 1**.

<u>Column 1</u>	<u>Column 2</u>
----- 1. sick	a. before
----- 2. outside	b. close
----- 3. open	c. evening
----- 4. after	d. healthy
----- 5. morning	e. inside
	f. clean

**Language Usage 1:** Study the sentences in the boxes. Then write the “b” sentence.

a. We wash our hands **before we eat** lunch.

b. We wash our hands **before eating** lunch.

a. Nattapong took a bath **before he went** to bed.

b. Nattapong took a bath **before going** to bed.

1. a. I brush my teeth before I go to bed.

b. \_\_\_\_\_

2. a. I shut the door before I left the house.

b. \_\_\_\_\_

3. a. My brother did his homework before he ate dinner.

b. \_\_\_\_\_

4. a. Suda ate breakfast before she went to school.

b. \_\_\_\_\_

**a. Open the window. (Imperative: Affirmative)**

**b. Do not open the window. (Imperative: Negative)**

1. a. Close the door.

b. \_\_\_\_\_

2. a. Eat those oranges.

b. \_\_\_\_\_

3. a. Drink coffee in the morning.

b. \_\_\_\_\_

4. a. Play in the garden

b. \_\_\_\_\_