

Lesson 9: A healthy life

Help me!



Salem

I don't like sports. My parents tell me that I should play sports. They want me to play football with my brother but I don't want to. My mum says I should use the stairs and not the lift. Climbing stairs is hard work! I always take the lift.

My parents eat healthy food. They eat dates, rice, fish and fruit. I like pizza and burgers. These are not good for me.

Happy with my choices

I love sports! My mother and I go for a walk every morning. I always feel great after a walk. After school, my sisters and I play football. Playing sports makes me feel good.

We eat healthy food in my family. I like fruit, fish, and vegetables. Healthy food makes me feel good too. I don't eat chocolate or sweets. Sometimes I eat ice cream but not a lot.



Huda

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| 1) Salim likes to play football | T/F |
| 2) Huda goes for a walk every day. | T/F |
| 3) Salim does not climb the stairs. | T/F |
| 4) Sport makes Huda healthy. | T/F |
| 5) Salim eats unhealthy food. | T/F |
| 6) Huda does not like sweets. | T/F |