

## Lesson 9: A healthy life

Help me!



Salem

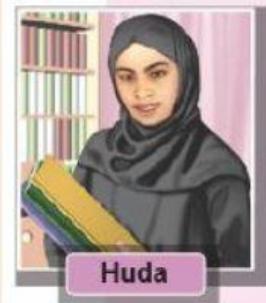
I don't like sports. My parents tell me that I should play sports. They want me to play football with my brother but I don't want to. My mum says I should use the stairs and not the lift. Climbing stairs is hard work! I always take the lift.

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. Afterschool, 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

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