

1. Listen to the song and fill in the gaps.

FIT EXERCISE WALK SIT BIT PARK EXERCISE HEALTHY



I wasn't very   
But I wanted to be   
I wanted to do some   
To  instead of   
I started walking round the   
I ran for a little   
Soon I could run for longer,  
I was getting fit!

I wanted to do some   
I ran to get healthy and fit!  
I ran my first race in the park!  
Now I feel super-fit!

## 2 Complete the sentences.

source vitamins minerals carbohydrates wheat

- 1 Plants are an important source of food.
- 2 When we eat oranges we get a lot of  and minerals.
- 3 We can eat potatoes because they are a source of .
- 4 Vegetables like peas have got  in them.
- 5 Bread comes from . It's a plant, too.

## Look and match.

high temperature runny nose toothache sore throat

1 earache

2

3

4

5

