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 ____



LIVEWORKSHEETS