

1. Choose the best comment to post at the end of the blog.

- ☐ Great blog! My idea is "I should go to bed early".
- ☐ LOL. I agree, *Minecraft* is an easy game!
- ☐ Interesting blog! Do you like swimming?



Connor's blog

Do you think about being healthy? Do you think about getting older? When you're 15, you don't often think about these things. I didn't ... but now we're learning about staying healthy in science class. Our teacher says, "Healthy today, healthy tomorrow."

She thinks we should have healthy lives now, so we can be healthy in the future. She asked us to write our own personal "health plan" – things we should try to do to be healthy. Here's mine.

Health Plan

- ✓ I should eat fruit and vegetables every day. (It's difficult because I hate eating them!)
- ✓ I shouldn't eat lots of fast food 😞, but it's my favorite ...)
- ✓ I shouldn't play computer games all evening. (It isn't easy. You know, I love playing *Minecraft*!)
- ✓ I should go outside and play sport three or four times a week. (I like playing soccer, so this isn't so hard.)
- ✓ I shouldn't drink soda all the time. (I don't like drinking water. Do you think juice is OK?)
- ✓ I should brush my teeth twice a day. (Sometimes I don't because I fall asleep – yuck!)

What do you think? Post your health plan ideas in the comments below.



Connor's blog



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- In the past, Connor *thought a lot/didn't think* about being healthy.
- Connor's teacher wants her students to be healthy *now/now and in the future*.
- It isn't *easy/hard* for Connor to eat fruit and vegetables every day.
- His favourite food is *fruit and vegetables/ fast food*.
- Connor likes drinking *juice/water*.
- He *wants/doesn't want* people to post comments.

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True

False

He really likes playing *Minecraft* in the evenings.

Connor doesn't like doing any exercise.

He thinks it's okay to drink soda every day.

He sometimes doesn't brush his teeth before bed.

Connor thinks he should change his diet.

Connor's teacher is writing a health plan for her students.