

Name: _____ Class: _____ No: _____

WORKSHEET 2 : READING

HEALTHY & HAPPY LIFE

Health is essential for living a happy and active life. Sometimes, we face health problems that can affect our well-being. One common health issue is getting sick with a cold or flu. These illnesses can make us feel tired, achy, and have a sore throat. However, there are ways to stay healthy and prevent getting sick.

One way to prevent sickness, you should wash your hands frequently with soap and water. This helps to remove germs that can make you sick. Another important habit, you should eat a balanced diet with lots of fruits and vegetables. You shouldn't eat junk food, sweets, candies or soda. Eating healthy foods gives your body the vitamins and nutrients it needs to fight off illnesses. Also, make sure to get plenty of sleep each night. Sleep helps your body to rest and recharge, making you less likely to get sick.

Remember, staying active is also crucial for good health. Exercise helps to strengthen your immune system, making it easier for your body to fight off infections. Lastly, don't forget to drink plenty of water throughout the day. Water helps to flush out toxins from your body and keeps you hydrated.

By practicing these healthy habits, you can reduce your chances of getting sick and enjoy a happier, more energetic life!

Read the passage and choose the correct answers.

1. What is a common health issue mentioned in the passage?

- a) Broken bones
- b) Headaches
- c) Getting sick with a cold or flu
- d) Allergies

Name: _____ Class: _____ No: _____

WORKSHEET 2 : READING

HEALTHY & HAPPY LIFE

2. What should you eat to stay healthy according to the passage?
 - a) Junk food
 - b) Lots of fruits and vegetables
 - c) Only sweets and candies
 - d) Fried foods every day

3. What is one way to prevent sickness according to the passage?
 - a) Eating lots of candy
 - b) Washing hands frequently with soap and water
 - c) Avoiding fruits and vegetables
 - d) Staying up late every night

4. How does exercise contribute to good health?
 - a) It makes you sleepy all the time
 - b) It weakens the immune system
 - c) It helps to strengthen the immune system
 - d) It has no impact on health

5. Why is sleep important for good health?
 - a) It makes you feel more stressed
 - b) It helps your body to rest and recharge
 - c) It has no effect on health
 - d) It causes headaches