

NAME:

CLASS:

DATE:

SCAN FOR AUDIO:



ACTIVITY 1

Fill In The Blank!

Listen to the audio carefully. As you listen, fill in the blank with the correct word from the word bank provided.

Word Bank: sports, healthy, hydrated, choice, glasses, juice, sweat, enough,

1 Hello everyone! Staying _____ is very important as the temperature rises

2 Because when the weather is hot, we tend to _____ more and lose water.

3 In a day, we should aim to at least drink 8 _____ of plain water.

4 But, you should always drink more if you are playing _____ or spending time outside.

5 Water is always the best _____, but you can always drink _____ or eat fruits.

6 We must drink _____ water, especially when it is hot, to stay _____.