

Reading

1 After you read Complete the sentences so that they mean the same.

1 The most important thing to be happy is to be nice to your friends and family.

The top tip to be happy is to be nice to your friends and family.

2 I only had an apple and some grapes today.

I only had two portions of fruit today.

sleep tight

3 I was ill last week so I stayed at home.

I was ill last week so I couldn't get calm.

portions

4 You should sleep well each night to stay healthy!

You should sleep tight each night to stay healthy!

calm

5 Make your bedroom a quiet place to sleep well.

Make your bedroom a quiet place to sleep well.

top tip

6 Drinking water after exercise makes you feel stronger!

Drinking water after exercise gives you energy!

energy

out and about

2 Answer the questions. Then match them with headings a-e.

5 ways to follow a healthy lifestyle



Have fun!



Get out and about!



Eat well, feel well!



Sleep tight!



Water of life

1 What can you do to stay fit? **b** You can run in the playground, do a sport or walk to school.

b

You can run in the playground, do a sport or walk to school.

2 What's a balanced diet?

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3 Why is water good for you?

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4 What can you do to relax?

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5 How many hours should you sleep every night?

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3 Think of five more tips on how to stay healthy. Then in groups, collect your ideas and check how many tips you follow.