

Staying healthy

Listen and fill in



.....orcan't help you to stay fit.



.....will make you fit. You canorif you don't like team sports.

Regular exercise gives you more



.....,andcontain too much sugar, fat or salt.

.....andhelp you to stay healthy and grow strong.

.....drinks contain a lot of sugar.

Oneofcontains 9 teaspoons of sugar.

Your body needs calcium to make healthy.....



Max

I don't like vegetables. I like having pizza, crisps and hot dogs for lunch. I don't eat fish at all. Sometimes Mum makes me drink some milk. I don't drink fizzy drinks. Every day I walk to school. I go swimming every week. I also ride my bike in the park at weekends.

Read.



Sally

I eat lots of fruit and vegetables to stay healthy. I usually have chicken with rice and salad for lunch. I also drink lots of milk because it keeps my bones and teeth strong. I don't like water very much so I often drink fizzy drinks. I can't ride a bike so my Mum drives me to school every day.

Use should and shouldn't to give advice

Write a paragraph where you tell people what they should and should not eat to have a healthy life

NAME:

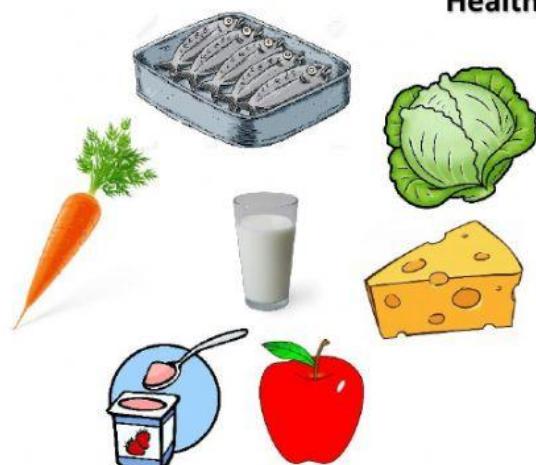
GRADE:

Junk food word search

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| c | h | o | c | o | l | a | t | e |
| o | o | s | r | a | c | t | o | m |
| k | t | p | i | z | z | a | g | i |
| e | d | g | s | e | i | o | t | s |
| a | o | h | p | k | l | u | r | k |
| w | g | e | s | w | e | e | t | s |
| s | a | n | d | w | i | c | h | o |



Healthy food word search



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| c | a | b | b | a | g | e | e | k |
| h | y | o | g | u | r | t | a | c |
| e | a | p | p | l | e | t | i | a |
| e | g | d | a | m | o | p | w | r |
| s | a | r | d | i | n | e | s | r |
| e | e | m | o | l | g | r | y | o |
| s | a | r | d | k | b | o | d | t |