

KEEPING **HEALTHY**

1 Look and match. Then complete the sentence.

1 exercise	4 sleep
2 healthy food	5 rest
3 unhealthy food	6 fresh air

Healthy food _____, rest,
doing _____ and getting
_____, help us to keep _____.



2 Read and write the words. Use words from Activity 1.



Hi Denise!

Last week, I decided to do more to keep (1) healthy. First, I changed what I eat. At lunch I have a sandwich and an apple. For dinner I have lots of fresh vegetables. I have some cake or chocolate, but not every day! So now I don't eat (2) _____ food. I also walk to school every day and I joined a volleyball team last week. So, I do more (3) _____ now. I also take the dog for a walk and ride my bike in the park. This way I get lots of (4) _____. In the evening, I watch TV or read a comic book. I also go to bed early during the week so I'm not tired in the morning. It's important to get (5) _____ too. Do you want to go swimming with me on Saturday?

Bye,

Dora

3



Write the words from the box.

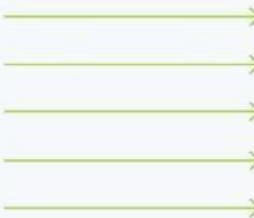
~~get tired eyes~~ have a healthy diet get fresh air
be tired in the morning get good exercise

ACTIVITY

- 1 playing computer games
- 2 going to bed late
- 3 walking to school
- 4 swimming
- 5 eating fruit and vegetables

RESULT

get tired eyes



4

Read and tick the two that are healthy.

1



I eat a lot of pizza and cakes.
I love chips and bread.
Sometimes I have fruit.

2



I go to bed early and exercise every day. I sometimes watch TV and rest.

3



I sometimes eat chocolate but I always have fruit and vegetables. I always exercise.

5

Write what you do to keep healthy.

To keep healthy I
