

# 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

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