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READING REVIEW

HEALTHY HABITS, HAPPY LIFE!

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HEALTHY EATING

Eating healthy food is important for our body and brain. We need to eat fruits, vegetables, and grains every day. These foods give us energy and help us grow strong. Avoid eating too much sugar, salt, and fat. Drink plenty of water to stay hydrated.

PHYSICAL ACTIVITY

Exercise helps us stay fit and happy. We can walk, run, dance, or play sports. Moving our bodies every day is good for our heart, muscles, and bones. It also helps us sleep better and feel more relaxed.

REST AND SLEEP

Washing our hands before eating and after using the bathroom helps stop germs. Brushing our teeth twice a day keeps our mouth clean and prevents cavities. Taking a shower or bath regularly helps us feel fresh and healthy.

MENTAL HEALTH

Having a daily routine helps us manage time and feel organized. We can make a schedule for eating.

1. What kind of food should we eat every day to stay healthy?

- A. Candy and chips
- B. Fruits, vegetables, and grains
- C. Soda and pizza
- D. Cookies and ice cream

2. Why is physical activity important?

- A. It makes us tired all the time
- B. It helps us eat more
- C. It keeps us fit and happy
- D. It helps us stay still

3. How many hours of sleep do children need each night?

- A. 9 to 11 hours
- B. 6 to 7 hours
- C. 5 to 6 hours
- D. 12 to 14 hours

4. What helps stop the spread of germs?

- A. Brushing our hair
- B. Washing our hands
- C. Watching TV
- D. Eating sweets

5. What happens if we don't brush our teeth regularly?

- A. We can get cavities
- B. We sleep more
- C. We run faster
- D. We feel happy

6. How can we take care of our mental health?

- A. Avoid talking to others
- B. Eat more sugar
- C. Talk to family and friends
- D. Sleep all day.