






## **Reading : START FRESH: SMALL STEPS TO BETTER HEALTH**


### **A. Match the words with the pictures (or meanings).**

 Fruit\_\_\_\_\_

 Vegetable\_\_\_\_\_

 Water \_\_\_\_\_

 Sleep \_\_\_\_\_

 Mind \_\_\_\_\_

 Walk\_\_\_\_\_

 Book \_\_\_\_\_

 Musica\_\_\_\_\_

a) Something green you eat (like broccoli)

b) You drink this when you're thirsty

c) You use this to think and feel

d) You eat this in the morning (like an apple)

e) You do this with your feet

f) You do this to rest at night

g) You read this to learn or relax

h) You listen to this to relax or dance

### **B Read the text**

#### **Let's Start Being Healthy!**

Everyone wants to be healthy, but making big changes can be difficult. The good news is that small changes help a lot! You don't need to change everything at once. Just make small, smart choices every day.

#### **Start with food.**

Eat more fruits and vegetables. For example, eat a fruit at breakfast or add a vegetable to your lunch. Drink water instead of soda. These small actions help your body stay strong and give you energy. Move your body.

You don't need a gym. Walk for 20 minutes, dance to your favorite music, or use the stairs. Moving your body helps you feel good and reduces stress.

#### **Sleep well.**

Many students don't sleep enough because of homework, phones, or stress. Try to sleep 7 to 8 hours every night. Turn off your phone before sleeping. Listen to soft music or read a book to relax.

Take care of your mind.

If you feel sad or worried, talk to a friend. You can also write in a notebook or take deep breaths. Mental health is as important as physical health.

#### **Be kind to yourself.**

If you forget or make a mistake, it's okay. Try again the next day. Every small step helps. Being healthy doesn't mean being perfect. It means doing your best, one day at a time.

Start today—your body and mind will thank you!

**C. Choose the correct answer:**

1. What is a good drink for your health?

- a) Soda
- b) Water
- c) Coffee
- d) Juice

2. How long should you sleep each night?

- a) 5 hours
- b) 6 hours
- c) 7-8 hours
- d) 9-10 hours

3. What can you do if you feel stressed?

- a) Ignore it
- b) Shout at someone
- c) Talk to a friend
- d) Sleep more

4. What should you do if you make a mistake?

- a) Give up
- b) Try again the next day
- c) Stop being healthy
- d) Do nothing

5. What is a healthy snack idea?

- a) Chips
- b) Candy
- c) Soda
- d) Fruit

**D. Answer the questions in complete sentences.**

1. What are two small actions to eat healthier?

→ \_\_\_\_\_

2. What can you do to move your body without going to the gym?

→ \_\_\_\_\_

3. How many hours should you sleep every night?

→ \_\_\_\_\_

4. What can you do when you feel sad or worried?

→ \_\_\_\_\_

5. What should you do if you forget one day?

→ \_\_\_\_\_

**E. Complete the sentences with the correct word.**

(use: **vegetables** - **stress** - **phone** - **energy** - **journal**)

1. Eating fruits and \_\_\_\_\_ helps your body.

2. Physical activity reduces \_\_\_\_\_.

3. Sleep gives your body rest and \_\_\_\_\_.

4. Turn off your \_\_\_\_\_ before bed.

5. You can write in a \_\_\_\_\_ to express your feelings.