UP English Center

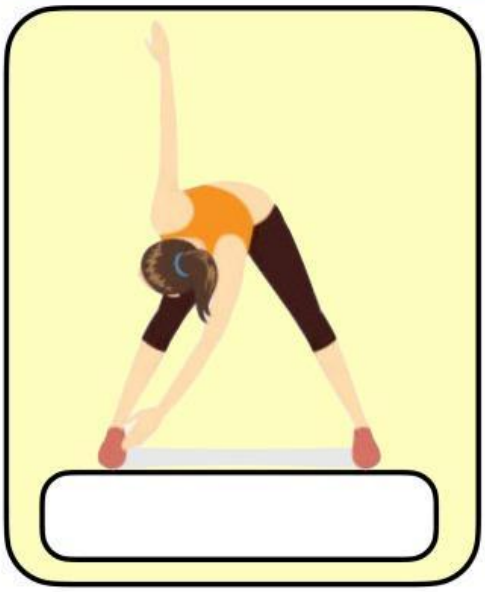
Name: _____

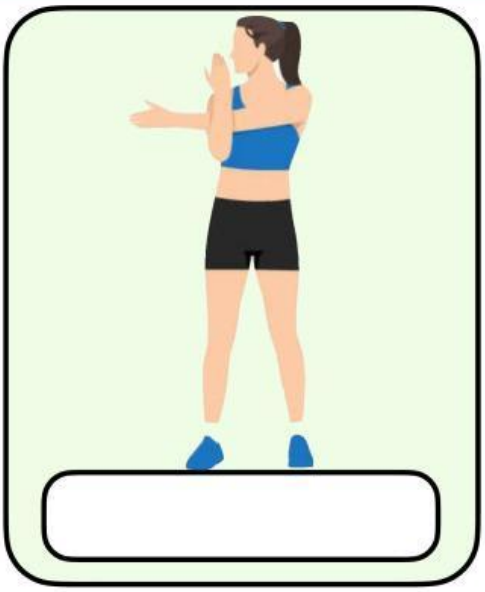
Class: _____

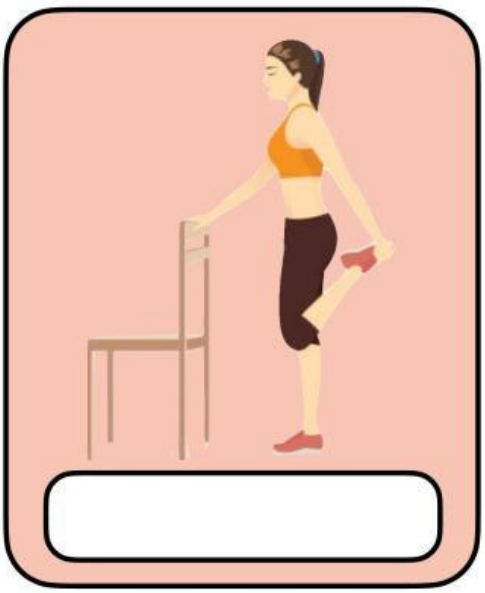
1. Look and write.

stretch your arms | ride a bike | fly a kite | play football

swim | run | stretch your leg | stretch your body







LIVEWORKSHEETS

2. Read and fill in the blanks.

body	hands	swimming	wash	eat	should
nose	sleep	teeth	vegetables	shouldn't	

HOW TO TAKE CARE OF YOUR BODY

- You should _____ healthy food from all food groups: dairy, fruits, _____, grains and protein.

- You _____ clean yourself by taking a bath. Don't forget to wash your _____ from head to toe.

- You should brush your _____ after eating.

- You should _____ your hands often with soap. Don't forget to wash your _____ before meals, after using the bathroom, after taking out the garbage and after blowing your _____.

- You should do exercises every day by finding ways to stay active, such as running, _____ or playing sports.

- You _____ go to sleep late. Your body needs _____ to get ready for the next day.

LIVEWORKSHEETS

3. Write a short paragraph by answering these questions

How do you take care of your body?

What activities are good for your health?

How often do you do exercises?

Example

I take care of my body by eating good food, drinking water, and playing sports. Good activities for my health are playing basketball, riding my bike, and swimming. I exercise three times a week to stay healthy.

LIVEWORKSHEETS