



ورقة عمل الدرس السادس (الصف الخامس)

1. Read the text and do the tasks below.

Healthy eating could be easy and fun. When you eat the right food, you will feel good and have more energy. There are four main groups of food you need every day. Dairy makes your teeth and bones strong. Meat and fish are good for you. They give you energy to work and play. Grains should be in every meal. When you eat wheat, cereal or rice, you will have healthy heart. Fruit and vegetables are the most important part of a healthy diet. They are full of vitamins. You also need fat. Healthy food is delicious.

a Write true (T) or false (F).

1. It is boring to be healthy. (T) (F)
2. The right food makes you happy and strong. (T) (F)
3. you need the four main groups every week. (T) (F)
4. Dairy makes your teeth and bones strong. (T) (F)
5. Meat and fish give you energy to work and play. (T) (F)
6. Fruit and vegetables don't have vitamins. (T) (F)
7. you will have healthy heart When you eat dairy. (T) (F)

B.Choose a, b or c.

1. The groups of food are
a. three b. four c. five

2. To have strong teeth and bones you need to eat
a. dairy b. grains c. fruit and vegetables

3. Wheat, cereal and rice are
a. fruit b. dairy c. grains

4. Fruit and vegetables are full of
a. fat b. vitamin c. sugar

2. Read the text and do the tasks below.

The Thomas family live a healthy life. They have three children, Alice, Tony and baby Grace. They have three meals together: breakfast, lunch and dinner. Mr. and Mrs. Thomas walk to work every morning. Alice and Tony go to school by bicycle. Every day, the family wakes up early. They do exercises in the fresh air. The Thomas family always cooks at home. They eat a lot of fruit and vegetables and drink lots of water. They do everything they need to have a good life. They are very excited about it.

a. Read and choose a, b, or c.

1. How do Mr. and Mrs. Thomas go to work?
a. By bus b. On foot c. By bicycle

2. How many members are there in the family?
a. Three b. Four c. Five

3. How do they feel about living healthy?

- a. Nervous
- b. Excited
- c. Sad

4. How do Alice and Tony go to school?

- a. by bus
- b. by car
- c. by bicycle

5. When does The family wake up early?

- a. at the weekend
- b. every day
- c. every week

b. Write true (T) or false (F).

- 1. The family eat together. (T) (F)
- 2. They always go to restaurants. (T) (F)
- 3. They do activities in the fresh air. (T) (F)
- 4. Mr. and Mrs. Thomas walk to work every evening (T) (F)
- 5. They have four meals every day. (T) (F)
- 6. The Thomas family sometimes cooks at home (T) (F)