



At school, Hamad and his friends sit on their chairs and open their lunchboxes. They choose healthy food like **chicken** and **cheese**. Hamad knows it is important to **chew** his food slowly to stay healthy. When he feels **thirsty**, he drinks a big **glass** of water. To keep his body **strong**, Hamad goes to the gym to **exercise** every day.

Circle the correct answer (a, b, or c):

1. Hamad eats..... to stay healthy.

a. Salty chips b. Fruit and vegetables c. Chocolate milk

2. Hamad drinks..... when he is thirsty.

a. a glass of water b. a glass of flour c. a glass of meatballs

3. Hamad goes to the gym to.....

a. sleep early b. bake bread c. exercise

Answer the following question:

1. How should Hamad eat his food to stay healthy?

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