



Healthy and Fit!



Read the text about Anna and her healthy life.

Hi! My name is Anna.

I want to be healthy and fit.

I eat healthy food every day.

I eat three meals a day:
breakfast, lunch, and dinner.

I eat fruit and vegetables.

I eat five servings of fruits or
vegetables every day.

I don't eat much junk food.

I drink water and I take vitamins
every day.

My Food and Nutrition



I exercise three or more days a week.

I like to ride my bike and play soccer.

I do both weight training and
aerobic exercise.

Exercise is very important for me!

My Fitness



I go to the doctor once a year
for a physical exam.

I sleep well every night.

I usually sleep 8 hours.

Good sleep helps me feel happy and full of energy.

My Health



I think a healthy life is important.

It helps me learn, play, and enjoy my day!



Remember!

- Eat healthy food.
- Exercise regularly.
- Get a physical exam.
- Sleep well.

A healthy and fit life
makes you happy!



Activity 1. Choose the correct answer.

1. How many meals does Anna eat every day?

- a) One
 - b) Two
 - c) Three
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2. Anna eats _____ every day.

- a) candy
 - b) fruits and vegetables
 - c) pizza
-

3. Anna exercises

- a) three or more days a week
 - b) once a month
 - c) never
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4. Anna likes to

- a) swim
 - b) ride her bike and play soccer
 - c) watch TV all day
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5. Anna usually sleeps

- a) 4 hours
- b) 8 hours
- c) 12 hours

Activity 2. Find the information. Write the correct answer.

Question	Answer
Meals per day	_____
Servings of fruits and vegetables	_____
Exercise	_____
Hours of sleep	_____
Doctor visits	_____

Activity 3. Put the events in order. Number the sentences from 1–5.

- ☐ Anna sleeps 8 hours.
- ☐ Anna exercises.
- ☐ Anna eats breakfast.
- ☐ Anna drinks water.
- ☐ Anna goes to the doctor once a year.