



Let's Stay Healthy!

Read the text and answer the questions.

Name : _____
Class : _____
Date : _____

A Sick Day at School

On Monday morning, four friends come to school. They are Ben, Lily, Tom, and Mia. They are not feeling well.

Ben has a headache. His head hurts, and he feels tired. His teacher says, "You should drink some water and rest. You shouldn't play noisy games."

Lily has a toothache. She eats too much candy every day. Her mother says, "You should see a dentist. You shouldn't eat too many sweets."

Tom has a stomachache. He ate too much spicy food last night. He doesn't want to eat breakfast. His father says, "You should rest and eat light food. You shouldn't eat spicy food today."

Mia has a sore throat and a cough. It hurts when she swallows. Her teacher says, "You should drink some warm water. You should also cover your mouth when you cough."

The four friends learn something important. When we are sick, we should take care of our bodies and ask adults for help.



Ben

He has a headache.

You should drink some water and rest.
You shouldn't play noisy games.



Lily

She has a toothache.

You should see a dentist.
You shouldn't eat too many sweets.



Tom

He has a stomachache.

You should rest and eat light food.
You shouldn't eat spicy food today.



Mia

She has a sore throat and a cough.

You should drink some warm water. You should also cover your mouth when you cough.



True or False

Read the statements below. Write T if the statement is True or F if the statement is False.



1.	Ben has a headache and feels tired.	☐ T	☐ F
2.	Ben should play noisy games.	☐ T	☐ F
3.	Lily has a toothache.	☐ T	☐ F
4.	Lily's mother tells her to eat more candy.	☐ T	☐ F
5.	Tom ate too much spicy food last night.	☐ T	☐ F
6.	Tom should eat spicy food today.	☐ T	☐ F
7.	Mia has a sore throat and a cough.	☐ T	☐ F
8.	Mia should drink cold soda.	☐ T	☐ F
9.	Mia should cover her mouth when coughing.	☐ T	☐ F
10.	All four friends have the same illness.	☐ T	☐ F