

High Frequency Words

I. Review the high frequency words. Click on each word and practice the pronunciation

can	go	is
now	she	this
which	about	come
had	it	number
sit	time	who

all	could	has	like	of
so	to	will	an	day
have	long	some	with	did

at	get	there	more
they	call	my	find
see	in	if	many
not	from	but	each
into	were	for	was

II. Listen and write the correct high frequency word.

1. 

2. 

3. 

4. 

5. 

6. 

7. 

8. 

9. 

10. 

III. Read the text and complete the sentences joining with arrows

HEALTHY FOOD

Healthy food is tasty and good for you. You need it to grow and feel good.

You can find **grains** in bread and rice.



Milk, cheese and yogurt are also important. These will give you strong bones. Meat, egg, fish and nuts give you **protein**.



Fruits and **vegetables** are good to eat. Eat as many as you can every day.

Chips and cookies are tasty, but eat only some at a time. When you eat healthy food, your body will thank you!

1) Join:

Healthy food give you strong bones.

You can find grains give you protein.

Milk, cheese and yogurt is tasty.

Meat and fish chips and cookies.

Eat only some in bread and rice.

IV. Find in the reading the high frequency words you have learned and click on each one.

will	an	but	so	time
can	go	many	for	in
into	is	at	after	were
some	did	day	get	it