

Lesson 4 Your Health



A Watch the video.



B Listen, point, and say.



1 successful

2 exercise

3 possible

4 balanced meal

5 habit

6 early

C Listen and read.



How to Be a Healthy Student

Students have busy lives. They often have activities after school, and they usually have a lot of homework. To be a happy and **successful** student, you need to stay healthy. Here are **three things** you can do.

once twice three times	a day a week
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1. Exercise

Students often sit at their desks, so it's important for them to **exercise**, too. Try to get some exercise once or twice a day. When **possible**, go for a walk or ride your bike to school. You could also join a sports team.



2. Eat Good Foods

Pizza and ice cream taste good, but it's important to eat **balanced meals** three times a day. Be sure to eat enough fruit and vegetables. Eating breakfast is good for you, too.



3. Have Good Habits

Healthy **habits** are important. Floss your teeth once a day. Take a shower often and go to bed **early**. Always get enough sleep. It can help you do better at school and on tests!



Skills Tip

Skim the reading for main ideas. To skim something, read it quickly to look for the important points.

D Answer the questions.

1. What are three ways to stay healthy?
2. How often should you exercise?
3. What kind of meals should you eat?
4. How can sleep help you?



E Fill in the chart.

Your Healthy Week

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Go for a walk							
Ride a bike							
Eat fruit							
Eat vegetables							
Eat breakfast							
Floss your teeth							
Take a shower							
Get enough sleep							

F Look at E. Ask and answer.

How often do you go for a walk?

I go for a walk twice a week.

Watch the video. What types of healthy habits do you have in your country? Make a list with a friend.

G What about you? Ask and answer.

1. How much sleep do you usually get?
2. What's your favorite way to exercise?
3. What did you eat for breakfast this morning?

H Look at the poster. Talk about it.



Lesson 4

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