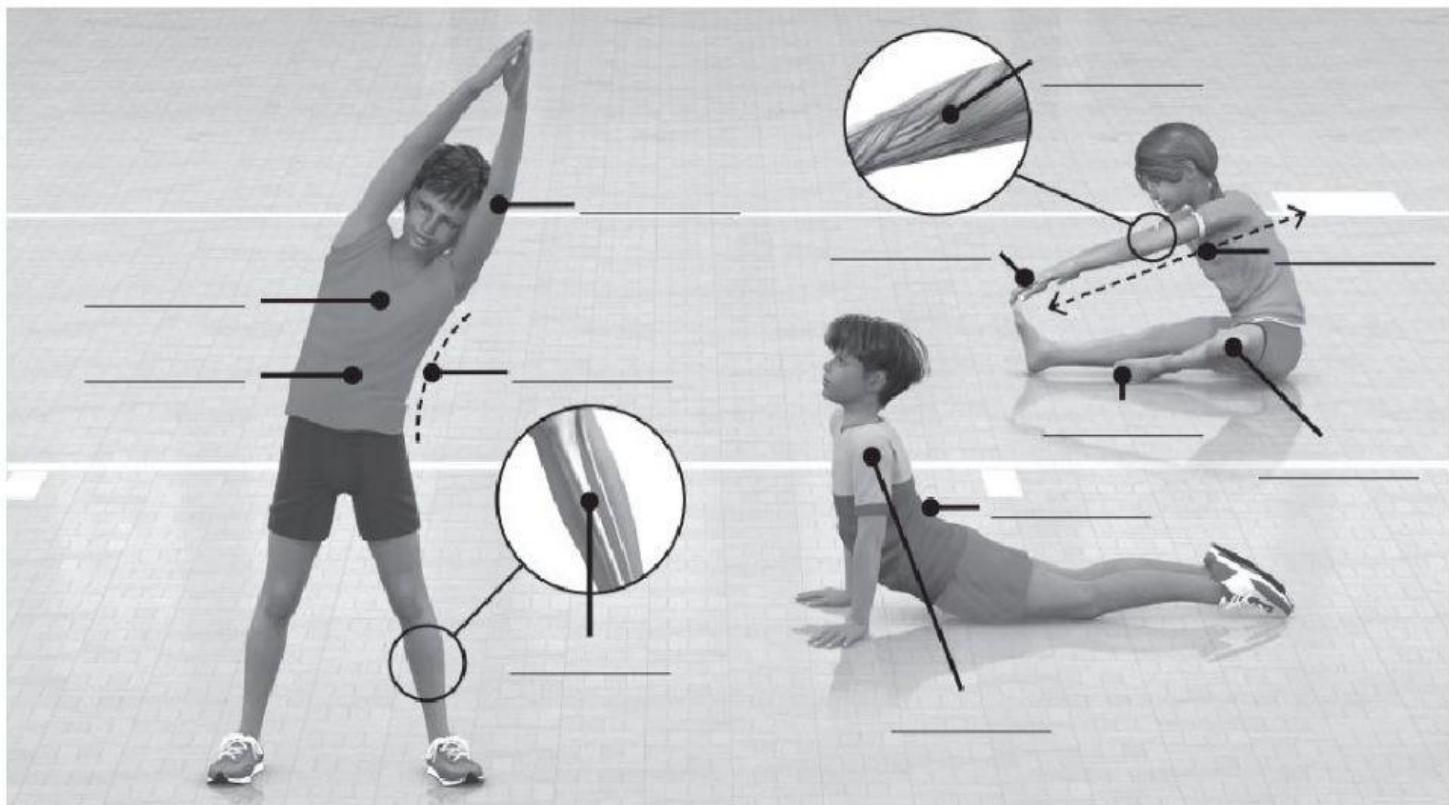


1) Label the pictures. Use the words from the box.

Back – bend – bone – chest – elbow – fingers – knee –  
muscle – shoulder – stomach – stretch - toes



2) Read- Write TOO or ENOUGH

1. Don't stay up too late!



2. I play football every day.



I do enough exercise.

3. Don't watch too much TV!



4. I drink too many fizzy drinks.



3) What's important for good health? Read and answer YES or NO.

**It's important for good health.**

Do enough exercise every day.	✓
Eat fruits and vegetables.	
Eat junk food every day.	
Drink too many fizzy drinks.	
Stretch your muscles.	
Stay up too late.	
Get enough rest.	
Drink enough water every day.	
Watch too much TV.	
Bend your knees and elbows.	
Eat foods to make your bones strong.	

4) Look, read and write. Use words from the box.

eat fruit    eat junk food    eat vegetables    do exercise    get some rest



1. They \_\_\_\_\_ every day.    2. They \_\_\_\_\_ every day.