

1. Listen to the song and fill in the gaps.

FIT

EXERCISE

WALK

SIT

BIT

PARK

EXERCISE

HEALTHY



I wasn't very
But I wanted to be
I wanted to do some
To instead of
I started walking round the
I ran for a little
Soon I could run for longer,
I was getting fit!

I wanted to do some
I ran to get healthy and fit!
I ran my first race in the park!
Now I feel super-fit!

2 Complete the sentences.

source vitamins minerals carbohydrates wheat

- 1 Plants are an important source of food.
- 2 When we eat oranges we get a lot of _____ and minerals.
- 3 We can eat potatoes because they are a source of _____.
- 4 Vegetables like peas have got _____ in them.
- 5 Bread comes from _____. It's a plant, too.

Look and match.

high temperature runny nose toothache sore throat

1 earache

2

3

4

5

