

**Instructions: Listen the Podcast of Lisa and Tom, then choose the correct answer.**

**Lisa:** Hi everyone, welcome back. I'm Lisa and I'm here with Tom. 

 

**Tom:** Hey guys! Today, let's talk about what kids should and shouldn't do to stay healthy. 

**Lisa:** Right, Tom. So, what should kids do daily? 

 

**Tom:** They should eat vegetables and fruits, sleep well, shower, and wash hands. 

**Lisa:** Good tips, Tom. What should they avoid? 

 

**Tom:** They should not eat too much junk food or use screens before bed. 

**Lisa:** And what about stress? Should kids worry? 

 

**Tom:** Kids should manage stress by taking breaks, having fun, or talking to an adult. 

**Lisa:** Great advice, Tom. Remember, kids, stay healthy every day! 

 

## STAY HEALTH WITH LISA AND TOM

**Instructions:** Read the questions and choose the correct answer.

### 1. What should kids do every day to stay healthy?

- A. Watch TV and play video games.
- B. Eat fruits and vegetables, get enough sleep, and take showers.
- C. Drink soda.

### 2. Which of these things should kids avoid?

- A. Eating healthy snacks.
- B. Using screens before bed.
- C. Spending time with friends.

### 3. What can kids do to help manage stress?

- A. Worry a lot.
- B. Stay inside all the time.
- C. Take breaks, have fun, and talk to an adult.

### 4. What is the main message of this conversation?

- A. Kids should do whatever they want.
- B. Kids should stay healthy by doing certain things.
- C. Kids should avoid all activities.

### 5. Which of these healthy habits for kids is not mentioned?

- A. Eating fruits and vegetables.
- B. Sleeping well.
- C. Brushing their teeth.