

Staying Healthy

Maria wants to be healthy. She eats fresh fruits and vegetables every day. She drinks a lot of water and sleeps eight hours at night. Maria also exercises. She runs in the park in the morning and does yoga in the afternoon.

Sometimes, Maria feels tired. When she is sick, she rests and drinks hot tea. She visits the doctor when she has a fever or a cough. The doctor gives her medicine to feel better.

Maria is happy because she takes care of her body. She has a strong heart and a lot of energy. Maria knows that a healthy life is important!



Reading comprehension

Contesta las siguientes preguntas / Answer the following questions

1. ¿Qué come María todos los días? / What does Maria eat everyday?
 - a) Comida rápida/ fast food
 - b) Frutas y verduras frescas/ fresh fruit and vegetables
 - c) Dulces / sweets, candies.
2. ¿Cuántas horas duerme María por la noche?/ How many time does Maria sleep at night?
 - a) Seis/ six
 - b) Diez/ten
 - c) Ocho/eight
3. ¿Qué actividades hace María para mantenerse saludable?/ Which activities does Maria do to get healthy?
 - a) Ve televisión y duerme/ To see TV and sleep
 - b) Corre en el parque y hace yoga/ To run at park and do yoga
 - c) Come dulces/ To eat sweet or candies
4. ¿Qué hace María cuando está enferma?/ What does Maria do when she is sick?
 - a) Descansa, toma té caliente y visita al doctor/ To rest, Drinks hot tea and visit to the doctor.

b) Va de compras/ Goes to shopping
c) Hace más ejercicio/ Does exercise

5. **¿Por qué está feliz María?/ Why Maria is happy?**

a) Porque come muchos dulces/ Because she eats a lot of sweet
b) Porque cuida su cuerpo y tiene mucha energía/ Because She takes care her body and gets energy
c) Porque duerme todo el día/ Because She sleeps all the day.

Vocabulary 1

Completa las oraciones con palabras del texto anterior

1. Maria wants to be _____.
2. She _____ fresh fruits and vegetables every day.
3. Maria _____ a lot of water and sleeps eight hours at night.
4. Maria also _____.
5. She _____ in the park in the morning.
6. Sometimes, Maria _____ tired.
7. When she is sick, she _____ and drinks hot tea.
8. She _____ the doctor when she has a fever or a cough.
9. The doctor gives her _____ to feel better.
10. Maria is _____ because she takes care of her body.

Vocabulary 2

Categoriza las palabras del ejercicio anterior en la siguiente tabla según su tipo (sustantivo, verbo o adjetivo)

Nouns	Verbs	Adjectives

T. Diego / T. Sue