

## 1. Let's Warm Up! – Healthy or Unhealthy?

👉 Circle the healthy habits and cross the unhealthy ones.

## Habits ✓ / ✗

## Eating fruit every day

Playing video games all day

Sleeping 9 hours

## Drinking fizzy drinks

### Brushing your teeth twice a day

## Doing exercise

## Skipping breakfast

## 2. Vocabulary: Food and the Body

Match the words with the pictures (teacher provides images or use flashcards)

**Food:** apple – sandwich – fish – broccoli – milk – chocolate – chips

**Body:** legs – arms – heart – muscles – brain

### 3. Science Connection – Our Body Needs Energy!

Read and complete the sentences with the correct words: *energy, food, sleep, exercise*

1. We need \_\_\_\_\_ to run and play.
2. We get energy from \_\_\_\_\_.
3. To rest our body, we need \_\_\_\_\_.
4. Doing \_\_\_\_\_ helps our muscles grow strong.

#### 4. 4. Daily Routine – What Time Do You...?

Complete the sentences using the **Simple Present**.

### Sentence

I get up at \_\_\_\_\_.

I have breakfast at \_\_\_\_\_

I go to school at \_\_\_\_\_.

**Sentence****Your Answer**

I go to bed at \_\_\_\_\_.

**5. Task – My Healthy Day Poster****Final Task (TBLT):**

Create a poster called “My Healthy Day”.

Include:

- 3 healthy foods 
- 2 daily habits 
- 1 physical activity 
- A short description (in English)