


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	Your Answer
I get up at _____.	
I have breakfast at _____.	
I go to school at _____.	
I play outside 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)