



1. Look and write.

stretch your arms

ride a bike

fly a kite

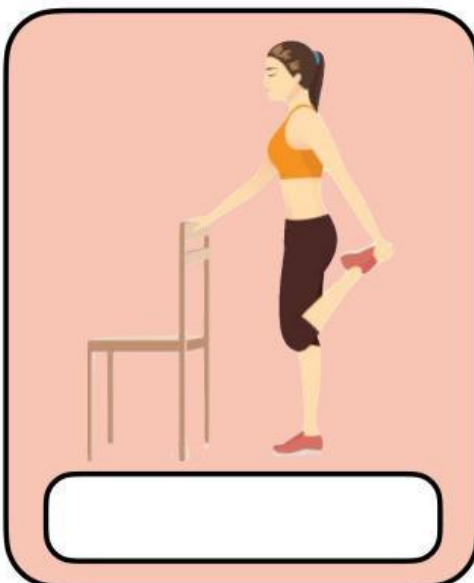
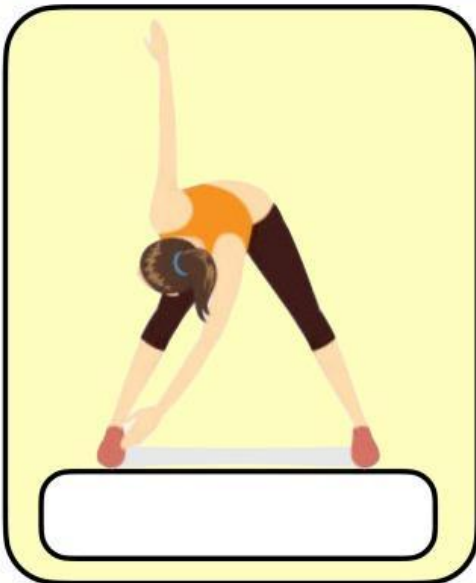
play football

swim

run

stretch your legs

stretch your body



2. Read and fill in the blanks.

hands

swimming

wash

eat

should

sleep

teeth

shouldn't

HOW TO TAKE CARE OF YOUR BODY

- You should _____ healthy food from all food groups: dairy, fruits, vegetables, grains and protein.



- You _____ clean yourself by taking a bath. Don't forget to wash your body from head to toe.

eating.

- You should brush your _____ after



- You should _____ your hands often with soap. Don't forget to wash your _____ before meals, after using the bathroom.

- You should do exercises every day, such as running, _____ or playing sports.



- You _____ go to sleep late. Your body needs _____ to get ready for the next day.

3. Write a short paragraph by answering these questions

How do you take care of your body?

What activities are good for your health?

How often do you do exercises?

Example

I take care of my body by eating good food, drinking water, and playing sports. I like playing basketball, riding my bike, and swimming.

I exercise three times a week.

It helps me stay healthy.