

Taking Care of Our Bodies

Good health starts with our body. Our body helps us do everything in life, such as studying, playing with friends, and enjoying our daily activities. Many people only think about their health when they feel sick. However, taking care of our body every day helps us stay strong and active.

Food is very important for our health. Our body gets energy from the food we eat. Healthy food such as fruits, vegetables, rice, fish, eggs, and nuts helps our body grow and work well. Eating too much junk food can make us feel tired and unhealthy. Healthy eating does not mean we cannot enjoy food. It means choosing fresh and nutritious food and enjoying meals with family and friends.

Exercise is also important. Our body needs movement. It is not advisable for us to sit too long using phones or computers. Simple activities like walking, jogging, cycling, playing football, or dancing can make our body stronger. Exercise helps our heart, muscles, and bones. It also makes us feel happier and less stressed.

Sleep is another key part of good health. When students do not get enough sleep, they feel tired and find it hard to focus in class. Sleeping early and having a regular sleep time help our body rest and recover. Using mobile phones before sleeping can disturb our sleep.

Drinking enough water is very important too. Water helps our body digest food and stay active. When we do not drink enough water, we may feel tired or dizzy. Drinking clean water every day helps our body stay healthy. Drinking carbonated water often affects our body differently from drinking clean water.

In conclusion, we can take care of our health by eating well, exercising regularly, sleeping enough, and drinking plenty of water. These healthy habits help students live a happy and balanced life.

(Adapted from "The Ultimate Guide to a Healthy Lifestyle"

<https://www.sciencenewstoday.org/the-ultimate-guide-to-a-healthy-lifestyle>)

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Instructions: Based on the text, drag and match the correct answer.

SHOULD	SHOULD NOT

This worksheet helps you think about healthy habits. Remember to make good choices every day!