HEALTHY HABITS

John and Nick are brothers. John is ten years old and Nick is six. They are on their way to school. Today is a special day at Walnut Grove School because a nurse from the health centre is going to give a talk to the children about “healthy habits”.

Nick is a bit confused; he doesn’t know what healthy habits means, so, as they walk to school, John is trying to explain.

“Healthy habits are all the things you can do that are good for you” –says John.

“Like playing with your friends?” –asks Nick– “...or watching a film with a big tub of popcorn?”

“Well... not exactly.” –replies John– ”Healthy habits are things that help your body to grow strong and help you to avoid getting ill. So it`s okay to eat popcorn from time to time, but what you should eat every day are fruit and vegetables. This is the food that is good for you”.

“Yuck! I don’t like fruit ... and I HATE vegetables!!!” –says Nick.

“Hee, hee, hee... ” –giggles John– “I know, you are always complaining at the school canteen. But it’s important to eat properly! And exercise, exercise is important if you want to be healthy”.

“No problem with that!! I love sports!” –exclaims Nick.

“Yes, but I mean REAL sports, what you do with the Wii doesn’t count, you know?” –says John.

“That’s not fair!!” –Complains Nick– “I play basketball
with my team and I love the football matches I play with my school friends during break”.

“OK, you’re right. I was joking.”

“So, if I practice sports... Can I eat as much popcorn as I want?” –asks Nick.

“Well... no. Popcorn and other foods with a lot of sugar, such as sweets, cakes and chocolate are not good for you. But there are many healthy things that are really yummy! Today after your basketball practice we can make a milkshake, you’ll see, it’s healthy and delicious”.

LIVEWORKSHEETS

10. John and Nick are...
A. friends.
B. neighbours.
C. brothers.
D. cousins.

11. They go to...
A. Walnut Grove School.
B. Chestnut Grove School.
C. a special school.
D. the health centre.

12. They go to school ...
A. by bus.
B. by car.
C. cycling.
D. on foot.

13. How old is John?
A. He is 9 years old.
B. He is very old.
C. He is 6 years old.
D. He is 10 years old.

14. Today at school...
A. a nurse is going to vaccinate children so they don't get ill.
B. a doctor is going to give a talk about healthy habits.
C. a nurse is going to speak to the children about good habits.
D. the teacher is going to talk about healthy habits.

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15. Why is John confused?
A. Because he doesn't want to go to see the nurse.
B. Because he doesn't understand what the nurse is going to talk about.
C. He is not confused at all, his brother is.
D. Because he doesn't understand the word "healthy".

16. Nick likes...
A. being with his family and watching T.V.
B. being with his friends and watching films.
C. listening to music and eating popcorn.
D. playing with his friends and reading books.

17. At lunch time...
A. John and Nick go home for lunch.
B. John goes home and Nick stays at school for lunch.
C. John stays at school and Nick goes home for lunch.

LIVEWORKSHEETS

D. John and Nick stay at the school canteen for lunch.

18. What food has a lot of sugar?
A. Milkshakes and fruit.
B. Pasta and pizza.
C. Fruit and vegetables.
D. Sweets and chocolate.

19. Which kind of sports does Nick enjoy the most?
A. All sorts of water sports.
B. Video game sports.
C. Team sports.
D. Sports for playing in pairs.

LIVEWORKSHEETS