

Reading

1 Listen, point, and repeat.  120

2 Look at the text. What can you see in the photos?

3 Listen and read.  121

How to stay healthy



We all want to be healthy, so here are some ideas to help.

Get lots of exercise

You can play sports, or play outside with your friends. Exercise makes you stronger. You should get exercise daily.

Eat healthy food

Candy and chips are fun to eat sometimes, but it isn't good to eat them every day. You should eat lots of fruit and vegetables. Meat and fish are also good for you. Food with a lot of sugar is bad for your teeth!

Drink enough water and milk

You should drink enough water because your body needs water. Milk keeps your teeth strong.

4 Read again and write *T* (true) or *F* (false). Then correct the false sentences.  

1. You should get lots of exercise. T
2. Playing outside with friends is good exercise.
3. You should eat candy every day.
4. Meat and fish aren't good for you.
5. Sugar is bad for your teeth.
6. You shouldn't drink milk.

5 What is your favorite healthy food?