

**Before reading...**

Do you like fruit? What vegetable do you like best?  
Do you agree with the statements below?

	I AGREE	I DON'T AGREE
Sugar, sweets and lots of chocolate are good for you.		
Washing your hands before eating is a good habit.		
Keeping your body clean is a healthy habit.		
Walking and playing sports aren't good forms of exercise.		
Healthy habits prevent illnesses		

What do you think the text is about? What's the boy in picture 1 eating? What's the boy in picture 2 doing? Where is the woman in picture 5?

Name ..... Date .....



**STAYING HEALTHY**

Read about what kids can do to stay healthy. Then answer the questions.



**Eat right.** For good health, it's important to eat a balanced diet. That includes fruits and vegetables, whole grains and low-fat milk. Fats and sugars should be limited. This can help you stay at a healthy weight.



**Drink water.** Did you know that 75% of the human body is made up of water? The body needs water to survive. Water helps you digest food and absorb vitamins and minerals from food. Make sure to drink when you are thirsty and when it is warm outside.



**Be active.** Children should try to get 60 minutes of exercise a day. Activities such as riding a bike, jumping rope and using the stairs instead of riding in an elevator can help you stay fit.



**Wash your hands.** Washing your hands can stop the spread of germs. Always wash your hands with soap and warm water after using the bathroom and before preparing and eating food.



**Get enough sleep.** Children between the ages of 6 and 9 need about 10 hours of sleep each night. Children ages 10–12 should have about nine hours of sleep each night. Your body and brain need rest!



## After reading ...

1. What are the words written in bold type letter?
2. Write T for true and F for false
  - Washing your hands without soap can stop the spread of germs. \_\_\_\_\_
  - Children should try to get 60 minutes of exercise a day. \_\_\_\_\_
  - 75% of the human body is made up of minerals. \_\_\_\_\_
  - Eating lots of sugars and fats can help you stay a healthy weight. \_\_\_\_\_
3. Jordan, who is 11 and her 6 years old brother Brandon went to sleep at 10:30 p.m. and woke up at 7:30 a.m. Did both children get enough sleep?  
Why?
4. Lisa and Bob walked to school. It took 15 minutes. After school, they rode bikes for about 35 minutes. Then they watched TV for 15 minutes. How many more minutes of exercise do they need to get the right amount?
5. Your friend tells you that because coke contains water it is okay to drink it instead of water. What's your answer?
6. In your opinion, what is the most important thing from the text to stay healthy?  
Why?  
Order from 1 to 5 (1 is the most important thing and 5 is the least important)

## Extra activity

1. Write a slogan to invite your friends staying healthy

