



Complete the chart, then write

Healthy Habits	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Use fitness App	✓	✓	✓	✓	✓	✓	✓
Stretch before exercise							
Eat healthy breakfast							
Get rest							

1. I use the fitness app every day to keep fit.
2. On weekends, I stretch before exercise.
3. It is important to get rest and sleep every night.



Choose the correct answer from a, b, c or d

1. Exercising every day is a good
a. habit b. fitness c. app d. brain
2. I before running.
a. spend b. hear c. stretch d. hurt
3. Reem read a/an book about animals yesterday.
a. healthy b. interesting c. smart d. sharp
4. Noura needs a bike to go
a. coach b. cycling c. engine d. hose



Correct the verbs between brackets

1. I like helping (help) people.



2. My mother likes (like) cooking food.



3. They enjoy playing (play) together.



4. Grandpa enjoys (enjoy) reading Quran.



Choose the correct answer from a, b or c

1. water every day.

a. Drinks

b. Drink

c. Drinking

2. I enjoy with my friends at the park.

a. walking

b. walks

c. walk

3. early to rest your brain!

a. Sleeps

b. Sleeping

c. Sleep



Write the missing words to complete sentences



1. Ms. Amal lives a healthy lifestyle.



2. They stretch their legs before they run.



Write a short paragraph about 'Healthy Habits with the help of the following pictures and guide words

1	2	3	4
(do-exercise)	(brush-teeth)	(eat-healthy)	(sleep-early)



Writing checklist
☐ Capitals
☐ Punctuation
☐ Finger spaces
☐ Spelling
☐ Does it make sense?

Healthy Habits

Title: _____

I like doing exercise. I brush my teeth
every day. I eat healthy food. I sleep early.



Classify the food items into the food groups



yoghurt



bread



avocado oil



eggs



salad

Fats

avocado
oil

Dairy

yoghurt

Proteins

eggs

Fruit and
vegetables

salad

Grains

bread



Complete the sentences

fats – dairy – vitamins – protein – grains – energy

1. Apples and carrots give you lots of vitamins.



2. Milk and cheese are dairy.



3. Rice and bread are grains.



4. Meat and eggs give your body protein.



5. Cake and butter are fats.





Complete using (going to)

1. Next week, I am going to eat **(eat)** more fruit and vegetables.
2. They are going to visit **(visit)** their grandfather.
3. My sister is going to visit **(walk)** to school with me.
4. We are going to play **(play)** football in the park.



Choose the correct answer from a, b or c

1. your hands before you eat.
a. Wash b. Washing c. Washed
2. I going to eat healthy food to keep fit.
a. is b. am c. are
3. Fahad enjoys on the beach.
a. runs b. run c. running
3. They are going to football after school.
a. played b. play c. playing



Fill in the graphic organiser then use it to write a paragraph about your 'Lifestyle'. The following guide words may help you

Guide words

sports club – healthy – water – sweets – fats – keep fit

1. Where do you play sport?

sports club

2. What do you drink?

water

3. What do you eat?

healthy food

4. What shouldn't you eat?

sweets and fats



Writing checklist

- ☐ Capitals
- ☐ Punctuation
- ☐ Finger spaces
- ☐ Spelling
- ☐ Does it make sense?

Title: Lifestyle

I play sport in sports club. I drink water. I eat healthy food. I shouldn't eat sweets and fats.

They enjoy cooking.

They enjoy cooking.



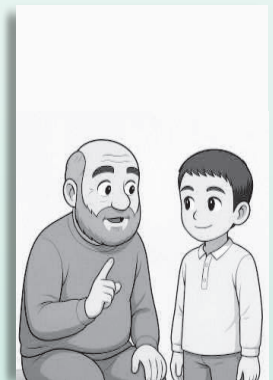
I like eating fruits.

I like eating fruits.



Sleep early every night.

Sleep early every night.



Trace and copy

He is going to do judo.

He is going to do judo.



She is going to cook.

She is going to cook.



Don't eat a lot of sweets.

Don't eat a lot of sweets.





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