



LESSON 29. HEALTHY HABIT

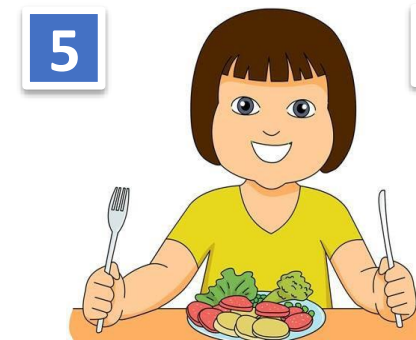
Look at the picture and answer the questions below.



1. What are they doing?
2. Can it keep them healthy?
3. How many of these can you name?
4. Have you tried all these?

Read, look and match.

1. He is washing his hands.
2. She is taking a bath.
3. She is sleeping.
4. They are brushing their teeth.
5. She is eating vegetables.
6. They are exercising.






Practice the dialogue with your teacher. Follow the pattern below.



A: How do keep your body healthy?

B: I keep my body healthy **by playing** everyday.

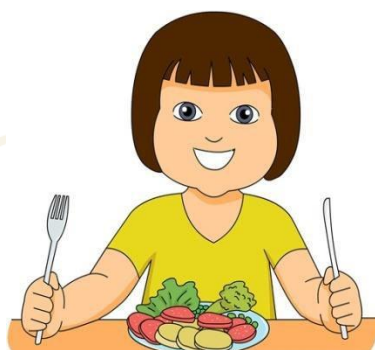
 <p>playing</p>	 <p>drinking water</p>	 <p>taking a shower</p>	 <p>taking vitamins</p>
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Practice the dialogue with your teacher. Follow the pattern below.



A: How do you keep your body healthy?

B: I keep my body healthy by exercising everyday.



eating healthy food



being happy



exercising



sleeping well

Should or Shouldn't

Write **should** or **shouldn't** on the blanks.

1. You _____ eat lots of



2. You _____ visit the



3. You _____ drink lots of



4. You _____ always eat



5. You _____ watch  all day.

Healthy or Unhealthy

Which of these foods are healthy and unhealthy? Put them on the right table.



hamburger



spaghetti



soda



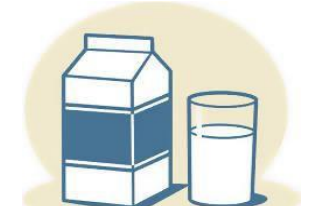
sausages



vegetables



fries



milk



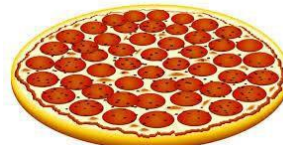
water



fruits



rice



pizza



juice



chips



chicken



What do they have for snack? Who is the healthiest?



							
Lucy	✓		✓	✓			✗
Carl	✗	✓			✓	✓	
Betty	✓	✓		✓	✗		
Alex			✓		✗	✓	✓

Lucy *has vegetables* and *hamburger* for snack. She *drinks water* but she *doesn't drink milk*.



1. Don't eat  food.

2.  8 to 12 glasses of 

3. Always  fruits and 

4. Don't forget to  at least 8 hours every night.

Don't eat unhealthy food.

1. How much sleep do you get every day?
2. Do you always eat healthy food?
3. Do you exercise or play any sports?
4. What do your parents tell you not to do?
5. What will happen if you don't wash your hands?

The End