



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





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?

Title: Healthy Habits

I have many healthy habits. I do
exercise every day to keep my body
strong. I brush my teeth twice a
day to stay clean. I always eat
healthy food to get energy. I also
sleep early at night to feel fresh
and happy. These habits help me
stay healthy and active.





Classify the food items into the food groups

5/7



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.



Grammar



/ / 20



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 walk (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?

I play sport at the sports club and sometimes at school.

2. What do you drink?

I drink lots of water every day to stay healthy.

3. What do you eat?

I eat healthy food like fruits, vegetables, and rice to keep fit.

4. What shouldn't you eat?

I shouldn't eat too many sweets or foods with a lot of fats.



Writing checklist

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



Title: My Healthy Lifestyle

I play sport at the sports club and at school to keep fit. I drink lots of water every day because it is healthy. I usually eat fruits, vegetables, rice, and other healthy food. I don't eat too many sweets or fatty food because they are not good for me. This lifestyle helps me stay strong and healthy.