Let's be fit and healthy

- What is the best title for this story? Healty food
- 2 Who are the characters in the story? Mother, doctor and Ali
- What did you learn from the story? I should eat healthy food
- Write another ending. The doctor takes Ali to the hospital

Underline the mistake then correct

11 The teacher comes to see Ali. The doctor

2 Fish and meat are not healthy. healthy

After tomorrow, Ali will feel better. tomorrow

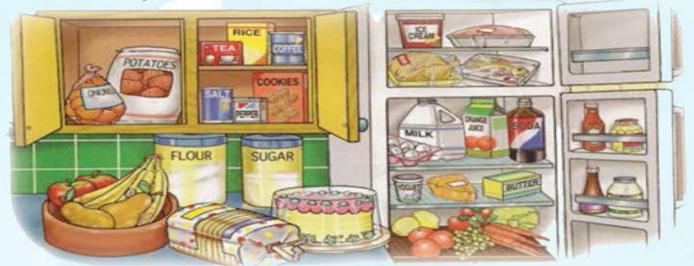
Oircle, True or False ($\bullet = \sqrt{=} \bullet x$)

- Haya wants a knife and a spoon.
- 2 Ali wants fizzy drinks. 🗸
- 3 Polly always eats nuts. 🗸





Look and write, using is/are (Think, pair then share your answers)



In the kitchen

- There _____two lemons.
- There are five eggs.
- 2 There is an ice cream. 4 There is a cake.



Look and write sentences using do/do not



Do exercise to keep fit!



Don't throw garbage in the street



Don't play in the street



Do you homework every day



Now, complete, then read aloud with your friend

- The **science** class was very interesting.
- Today, Haya learned about the ___environment
- We can recycle paper and and bottles
- We keep our school and neighnourhood free of garbage



Read and ask your friend

Haya



I was **III** yesterday, I did not go to school. My father took me to the doctor. **He** gave me some medicine. I feel better today.

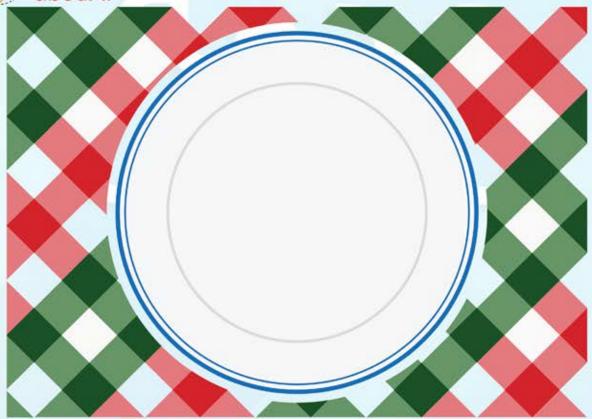
At school, we learn how to be fit and healthy. Healthy food and sports are very important to our health. For lunch today, we ate fish and salad. We did not have any fizzy drinks.



- Who wrote the message? Haya
- Why did not she go to school? She was ill
- 3 How does she feel today? She feels better
 - What does the underlined word **He** refer to? doctor



Design your plate using the food stickers, then talk about it



(0)	Now,	write	about	what	was	on	your	plate	for	lunch
	yeste	rday								

Yesterday, I had meat and rice for lunch, We had salad and								
.some vegetables .	We had some fruit and orang	ge juice						

