# Being healthy

## 1. What’s the word?

Write the word under the pictures.

<table>
<thead>
<tr>
<th>mum</th>
<th>brush my teeth</th>
<th>morning</th>
<th>night</th>
<th>dad</th>
<th>bath</th>
</tr>
</thead>
<tbody>
<tr>
<td>body</td>
<td>clean</td>
<td>brother</td>
<td>sister</td>
<td>vegetables</td>
<td>win</td>
</tr>
</tbody>
</table>

## 2. Match them up!

Listen to the poem. Make sentences.

- My mum tells me to **take a bath**.
- My dad tells me to **eat vegetables every day**.
- My brother tells me to **brush my teeth**.
- My sister tells me to **wash my hands**.
3. Fill it in!

Think about the poem. Write the missing words in the sentences.

<table>
<thead>
<tr>
<th>right</th>
<th>teeth</th>
<th>family</th>
<th>clean</th>
<th>vegetables</th>
<th>body</th>
</tr>
</thead>
</table>

a. Your ___________ teeth look and taste better if you brush them regularly.

b. Your ________________ feels clean and fresh if you wash.

c. Your hands feel good when they are ________________.

d. Eating ________________ every day can give you energy.

e. I listened to my ________________ and now I feel better.

f. I don’t like it when my family are ________________!

4. Match them up!

Listen to the poem. Match the words that rhyme, for example night and right.

- clean
- day
- skin
- tell

- well
- win
- between
- play
5. Write and draw!

What do you and your family do to stay healthy? Draw a picture and write about it!