

Healthy Eating



Eating fruits and vegetables keeps you strong and healthy. They are full of vitamins and are better than sugary snacks

- 1 . Why are fruits and vegetables good for you?
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- 2. What is better than sugary snacks?
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Exercise



Doing exercises like running or swimming is good for your heart and muscles. Exercise makes you happy and gives you energy.

1. What does exercise help your body with?

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2. Name two exercises mentioned in the text ?

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Sleep



Sleeping for 8 hours every night helps your body to rest and grow. It makes you feel fresh and ready for the day.

1. How many hours should you sleep?

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2. Why is sleep important for your body?

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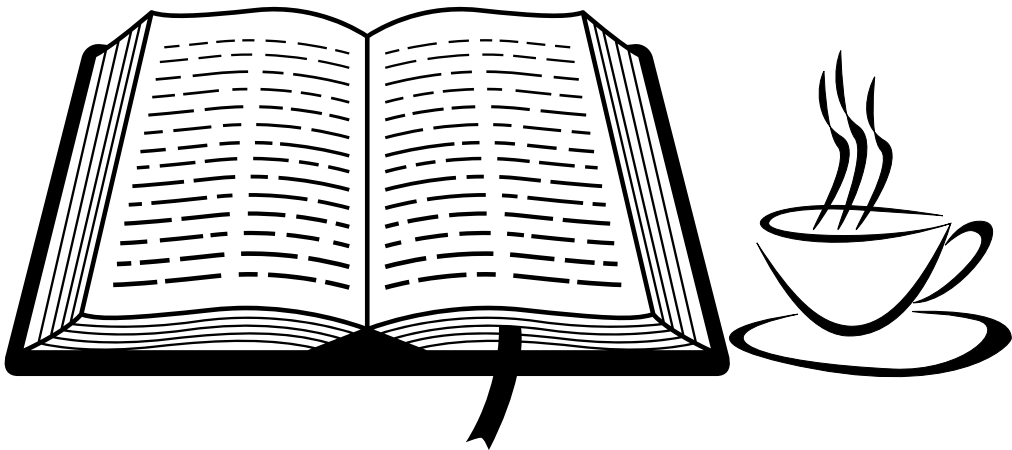
Drinking Water



Drinking water keeps your body hydrated. It is better than drinking sugary drinks like soda. Always carry a bottle of water.

- 1. Why is water important for your body?
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- 2. What is better than soda?
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Reading Books



Reading books helps you learn new things and improves your imagination. It is better than spending too much time watching TV.

- 1. What does reading help you with?
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- 2. What is better than watching TV?
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Helping Others



Helping others makes you feel happy and kind. It is a good way to make friends and feel useful.

- 1. How does helping others make you feel?
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- 2. What is a good way to make friends?
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