Reading: Healthy Food

Eating healthy food helps our bodies grow strong.

Fruits, vegetables, milk, and fish are full of vitamins and minerals. They give us energy and keep us away from sickness. We should eat less fast food and sugar.

Drinking water is also very important for our health.

Healthy food makes us feel good and think better at school.

Questions:

A. True or False:

- 1. Fast food is very healthy.
- 2. Healthy food helps us grow strong.
- 3. Water is good for our health.
- 4. Sugar gives us vitamins.

B. Answer the questions:

1. Name two healthy foods from the text.
•

Reading: At the Doctor's Clinic

Ali is not feeling well today. He has a headache and a sore throat. His mother takes him to the doctor. The doctor checks him and gives him some medicine. Ali should rest, drink warm water, and stay in bed.



A. True or False:

- 1. Ali has a stomachache.
- 2. The doctor gives him medicine.
- 3. Ali should drink cold water.

B. Answer the questions:

- 1. Why does Ali go to the doctor?
-
- 2. What should Ali do to feel better?
-

- 1. Ali has a _____ and a sore throat.
- 2. He should drink _____ water.

Reading: My Favorite Hobby

My name is Yasmine. My favorite hobby is drawing. I like to draw animals and nature. I use pencils and colors. I draw after I finish my homework. Drawing makes me happy and relaxed.



Questions:

A. True or False:

- 1. Yasmine likes to draw houses.
- 2. She draws after her homework.
- 3. rawing makes her sad.

B. Answer the questions:

- 1. What does Yasmine like to draw?
-
- 2. When does she draw?
- •

- 1. Yasmine uses _____ and colors.
- 2. Drawing makes her _____.

Reading: A Visit to the Zoo

Last Sunday, we went to the zoo. I saw lions, giraffes, and monkeys. The giraffe was very tall. The monkeys were funny and jumped a lot. We took pictures and ate lunch near the elephant area. It was a fun day.

Questions:

A. True or False:

- 1. They went to the zoo on Saturday.
- 2. The monkeys were jumping.
- 3. They ate lunch near the lions.

B. Answer the questions:

- 1. What animals did they see?
-
- 2. Where did they eat lunch?
- •

- 1. The giraffe was very _____.
- 2. We took _____ at the zoo.

Reading: My School Day

I go to school at 8 o'clock. My first class is English. I have a break at 10:00. I eat a sandwich and drink juice. After school, I go home and do my homework. I sleep at 10 p.m.

FIRST

Questions:

A. True or False:

- 1. The first class is Math.
- 2. He eats lunch at 10:00.
- 3. He sleeps at night

B. Answer the questions:

- 1. What time does he go to school?
-
- 2. What does he eat during the break?
- •

- 1. My first class is _____.
- 2. I go home and do my _____.

Reading: Trip to the Mountains

Last weekend, we visited the mountains. The weather was cold but sunny. We walked in nature and saw trees and birds. My brother made a small fire, and we ate sandwiches. I loved the quiet and fresh air.

Questions:

A. True or False:

- 1. They visited the beach.
- 2. The weather was sunny.
- 3. They ate pizza.

B. Answer the questions:

- 1. Where did they go?
-
- 2. What did they see in nature?
- •

- 1. The weather was _____ but sunny.
- 2. My brother made a small _____.