

● **Read, number, match, and write.**

Healthy children are happy children. Being sick is no fun at all. Here are five things that we can do every day to stay healthy.

- 1 Get a lot of sleep.
- 2 Exercise every day.
- 3 Wash your hands.
- 4 Eat a healthy meal.
- 5 Drink a lot of water.

active

vegetables

drink

germs

sleep

Be \_\_\_\_\_ at least one hour a day.

(a)

\_\_\_\_\_ 10 to 11 hours a day.

(b)

Stop \_\_\_\_\_ from spreading.

(c)



(d)

\_\_\_\_\_ 6 to 8 glasses of water a day.

(e)

Eat different kinds of food and lots of fruits and \_\_\_\_\_.