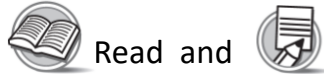


PROGRAMA NACIONAL DE INGLÉS

Cuaderno de Actividades



 Read and Write.

1.



2.



3.



4.



5.



6.



Phrase Bank

Do exercise

Do your homework

Sleep well

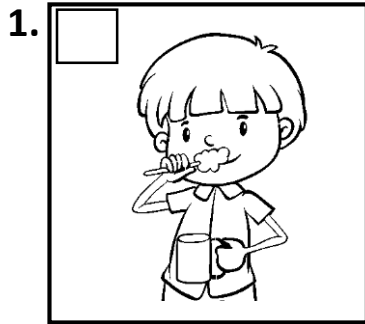
Taking out the trash

Take a shower

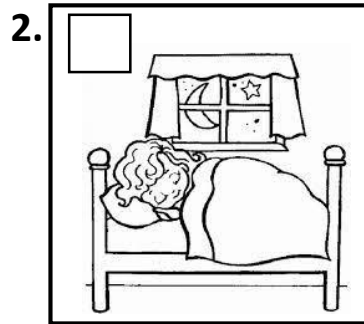
Wash your hands

Look, Check and Say.

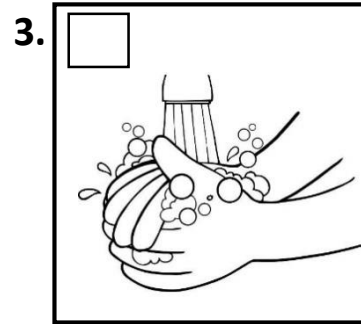
*Look at the pictures and check the healthy habits.



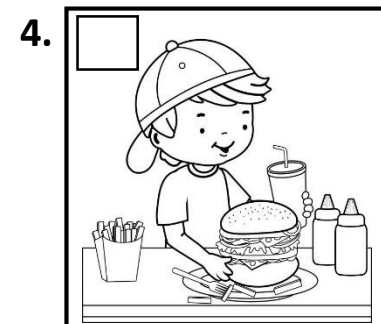
Brush your teeth



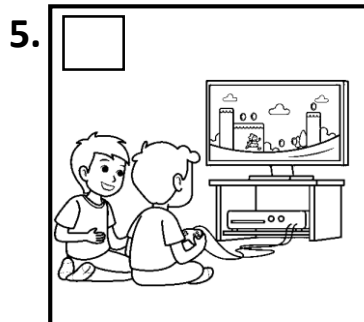
Sleep well



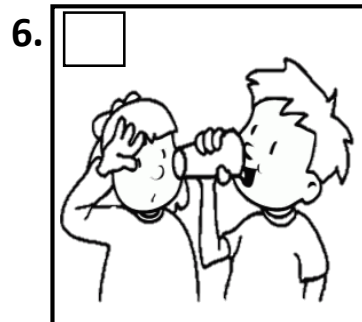
Wash your hands



Eat junk food



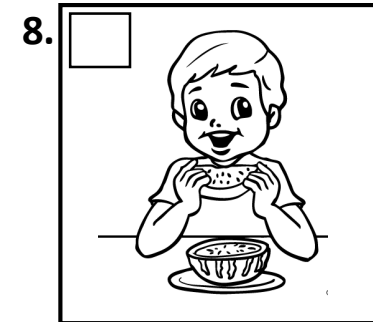
Watch too much TV



Drink water



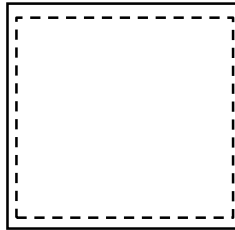
Do your homework



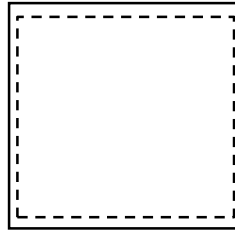
Eat healthy food



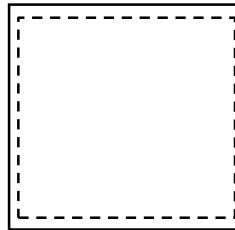
1. Eat and vegetables.



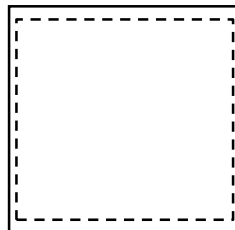
2. Do .



3. Wash your .



4. Brush your .



Word and Picture Bank



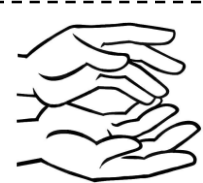
fruits



teeth



hands



exercise





Read,



Match and



Write.

1.

Eat

a)

water

e)



_____.

2.

Sleep

b)

healthy

f)



_____.

3.

Drink

c)

exercise

g)



_____.

4.

Do

d)

well

h)



_____.



Look,



Complete,



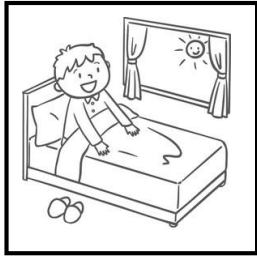
Write and



Color.

Word Bank

Do Eat Sleep Take Wake up



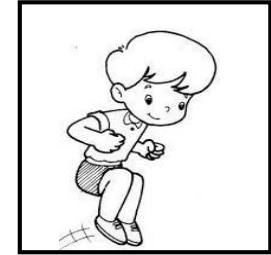
1. _____ early in the morning.

2. _____ healthy.

3. _____ exercise.

4. _____ a shower.

5. _____ early at night.





4th Grade
Unit 3

Instructions for a Good Health

Activity

6



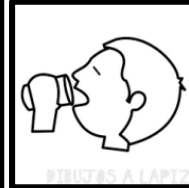
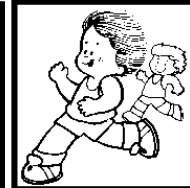
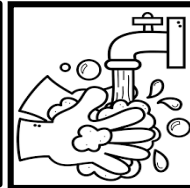
Look,



Read and



Write.



My Health Care Habits

*Using the Habits Bank and the images above, make your own Health Care Habits leaflet.

Health Care Habits Bank

- Drink 2 liters of water every day.
- Do exercise.
- Have a bath every day.
- Wash your hands.
- Eat fruits and vegetables
- Sleep early at night.



Read and



Number.

1. Take out toothbrush and toothpaste.



a) _____

2. Put toothpaste on the toothbrush.



b) _____

3. Brush your teeth.



c) _____

4. Rinse your mouth.



d) _____

5. Your teeth are now fresh and clean. Smile.



e) _____

Let's Draw Healthy Habits



Read,



Draw and



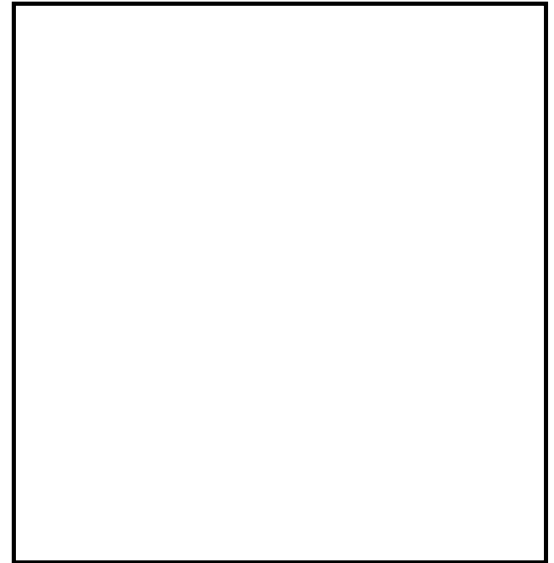
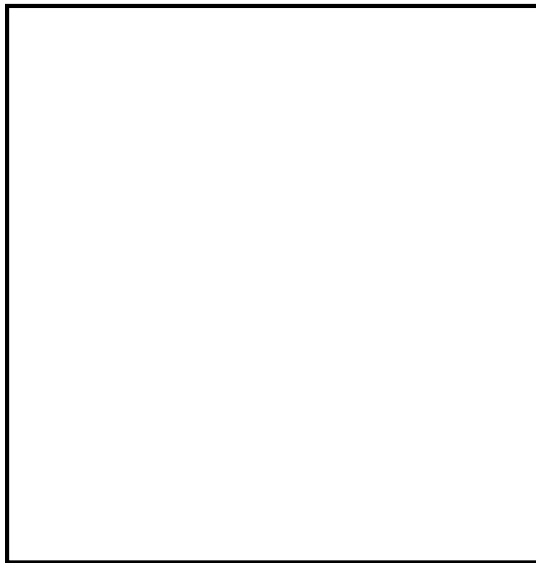
Color.

*Read the instructions and draw the healthy habits.

Get 8 hours of sleep.
Don't stay up late.

Eat healthy food.
Don't eat junk food.

Get enough exercise.
Don't watch too much
T.V.



Steps to Wash your Hands



Read,



Cut,



Order and

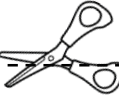


Glue.

*Use the Steps Bank to create your own sign to follow for washing your hands. Use the name you like for your sign.

1.
2.
3.
4.
5.

Steps Bank



Finally, dry your hands.



Then, scrub your hands for 20 seconds.



After that, rinse your hands well.



Next, add some soap.



First wet your hands.

