



PROGRAMA NACIONAL DE INGLÉS

Cuaderno de Actividades





Read and



Write .

Healthy Habits

Activity

1

1



2.



3.



Phrase Bank

Do exercise

Do your homework

Sleep well

Taking out the trash

Take a shower

Wash your hands

4.



5.



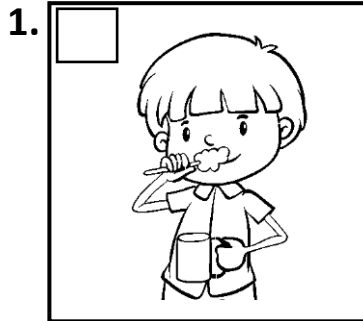
6.



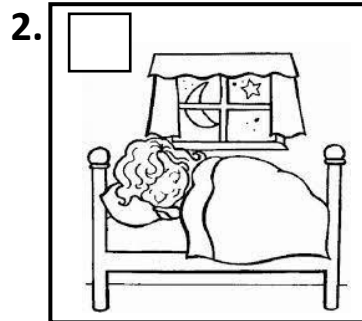
Identify Healthy Habits

Look, Check and Say.

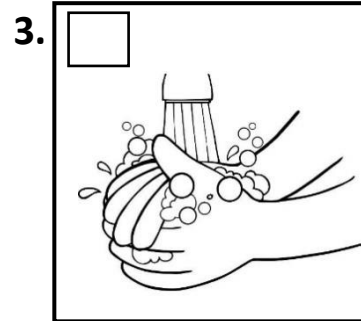
*Look at the pictures and check the healthy habits.



Brush your teeth



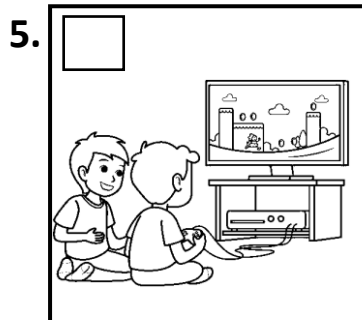
Sleep well



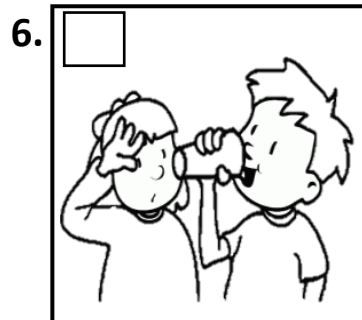
Wash your hands



Eat junk food



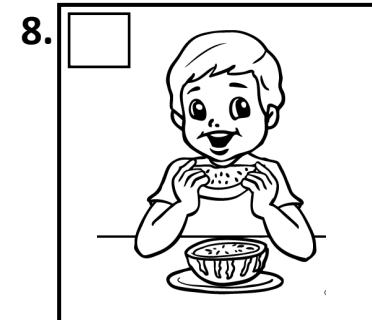
Watch too much TV



Drink water



Do your homework



Eat healthy food

Promote Healthy Habits

Activity **3**



Read ,

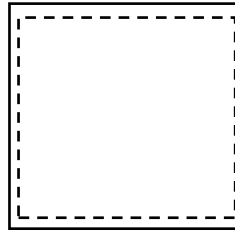


Cut and

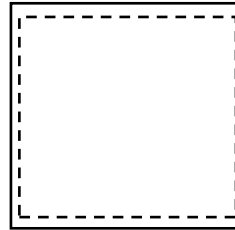


Glue .

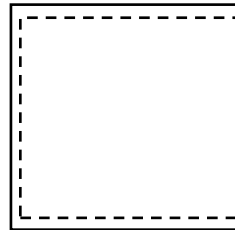
1. Eat and vegetables.



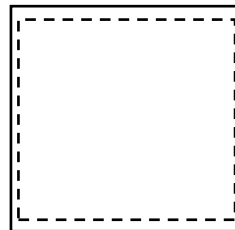
2. Do .



3. Wash your .



4. Brush your .



Word and Picture Bank

fruits



teeth

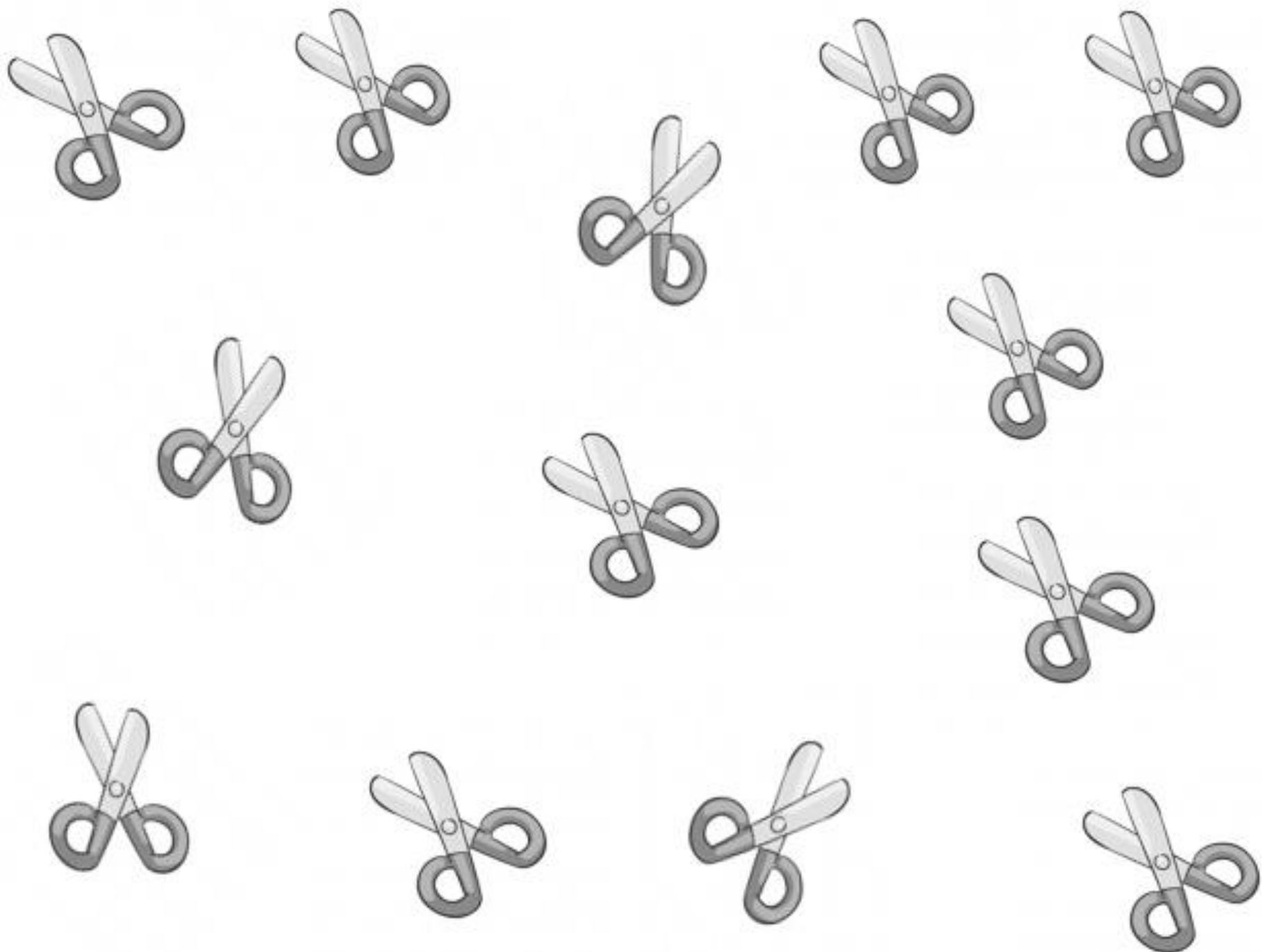


hands



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)



_____.



4th Grade Unit 3

Healthy Habits

Activity

5



Look,



Complete,



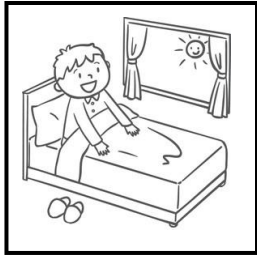
Write and



Color.

Word Bank

Do Eat Sleep Take Wake up



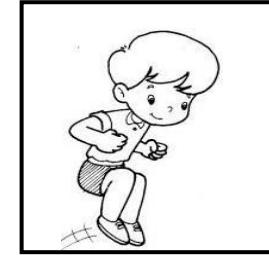
1. _____ early in the morning.

2. _____ healthy.

3. _____ exercise.

4. _____ a shower.

5. _____ early at night.





4th Grade Unit 3

Instructions for a Good Health

Activity

6



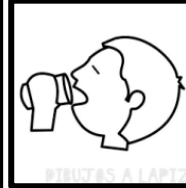
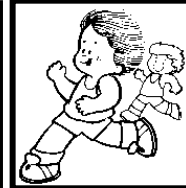
Look,



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.

How to Brush your Teeth

Activity

7

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

Activity

8



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

Activity **9**

 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.



