



Estado  
de Coahuila

Secretaría de Educación



# PROGRAMA NACIONAL DE INGLÉS

## CUADERNO DE ACTIVIDADES








4th Grade  
Unit: 3

# Healthy Habits

Activity 1

 Look,  Read and  Circle.

1.



- a) Do exercise.
- b) Eat healthy food.

2.



- a) Wash your hands.
- b) Dress up neat.

3.



- a) Take a shower.
- b) Brush your teeth.



4th Grade  
Unit: 3

# Healthy Habits

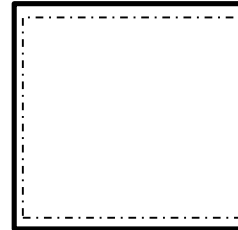
Read, Cut and Glue.

Example:

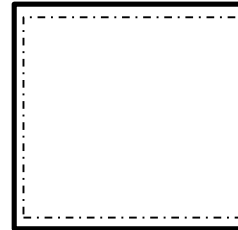
1. Eat and vegetables.



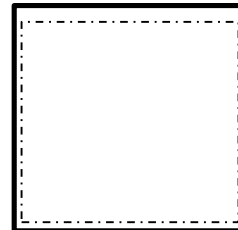
2. Do



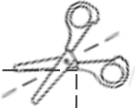
3. Wash your



4. Brush your



Answer Key: 1. fruits, 2. exercise, 3. hands, 4. teeth.





4th Grade  
Unit: 3

# Interpreting Instructions about Health Care

Activity 3

 Read,  Look,  Write and  Color.

## Health Care Habits Word Bank

Drink 2 liters of water every day.

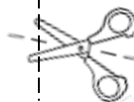
Do exercise.

Have a bath every day.

Wash your hands.



Don't eat fast food.

\*Using the Word Bank and the images below, make your own Health Care Habits leaflet.


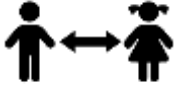







# Elements in an Instruction

 Read and  Write.

1. \_\_\_\_\_ → **COVID  
HEALTHY HABITS FOR KIDS**

- \* Wear mask. 
- \* Keep a safe distance. 
- 2. \_\_\_\_\_ → \* Wash your hands. 
- 3. \_\_\_\_\_ → \* Use hand sanitizer. 
- \* Cover your cough and sneeze. 

## Word Bank

- Image
- Clear Language
- Title
- Bullet Points

4. \_\_\_\_\_ ←

