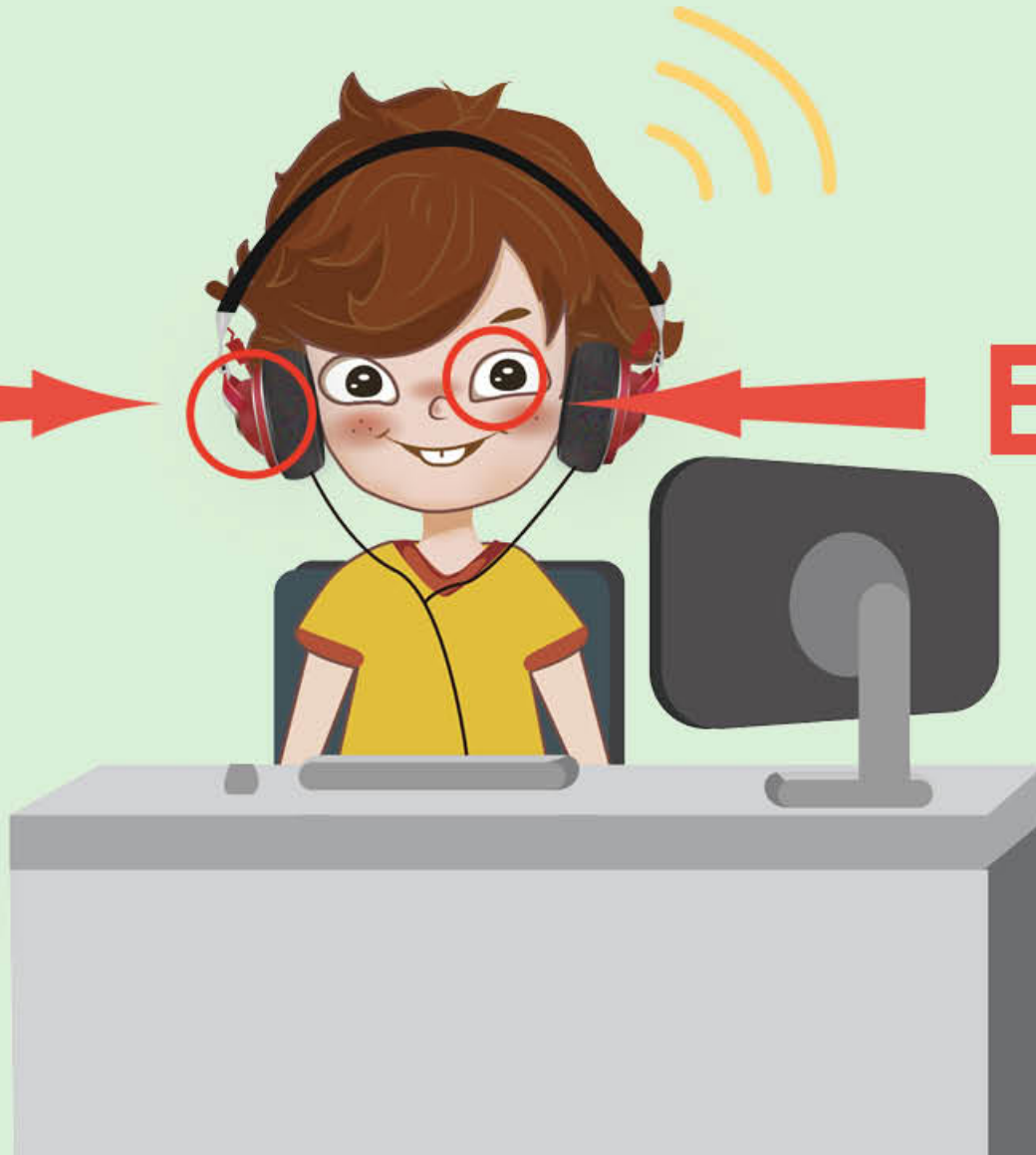




# Are You Ready?

Listen to me. → → Eyes on me. ← ←



# Keeping Healthy



# You are going to learn:



**Topic: Feelings and health —  
Keeping healthy**



**Words: stomach, weight, bone,  
exercise**



**Grammar: Subject noun/pronoun**



# Sing a Song

## CLAP YOUR HANDS

Clap, clap, clap your hands

As slowly as you can.

Clap, clap, clap your hands

As quickly as you can.

# Let's prepare!



# Vocabulary



My **stomach** is completely full.

**stom·ach**



Which one shows  
stomach?





# Vocabulary



Mary should worry about her **weight**.

**weight**



Who is worrying about his weight?



# Vocabulary

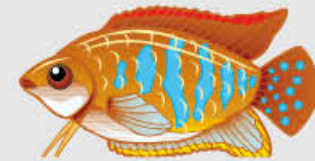
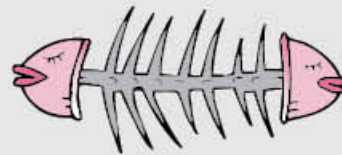


The dog is eating a **bone**.

**bone**



Which one is a bone?





# Vocabulary



Jogging is a healthy form of **exercise**.

ex·er·cise



Who is doing exercise?



# Grammar



**A doctor** came to our school recently.  
**I** want to let you know what he said.



Jimmy — play the guitar



she — jump a rope

Both noun and pronoun can be a subject in a sentence.



# Let's read!







Who can tell you how to keep healthy?

**A doctor** came to our school recently. **I** want to let you know what he said, so you can all keep healthy and don't get sick!

## Grammar

### Subject

The subject of a clause is the noun group that refers to the person or thing that is doing the action expressed by the verb.

A doctor came to our school recently.

↓  
Subject

↓  
Verb

e.g. Ryan scored a 100 on the test.  
She is my sister.



The very first thing he mentioned is about eating habits. Breakfast is the most important meal of the day. Our **stomachs** get empty when we sleep, so we need to eat lots in the morning to give us energy!



Which meal gives you lots of energy for the day?





The doctor also said over half of our body **weight** is water! He said drink lots of water, and also some milk and yogurt to help our teeth and **bones**.



What makes up the largest portion of our body weight?





**Exercise** can also help us stay healthy.  
You do not have to exercise every day,  
but you should try to walk as much as  
possible and also play some sports.



What sort of exercise should we try?



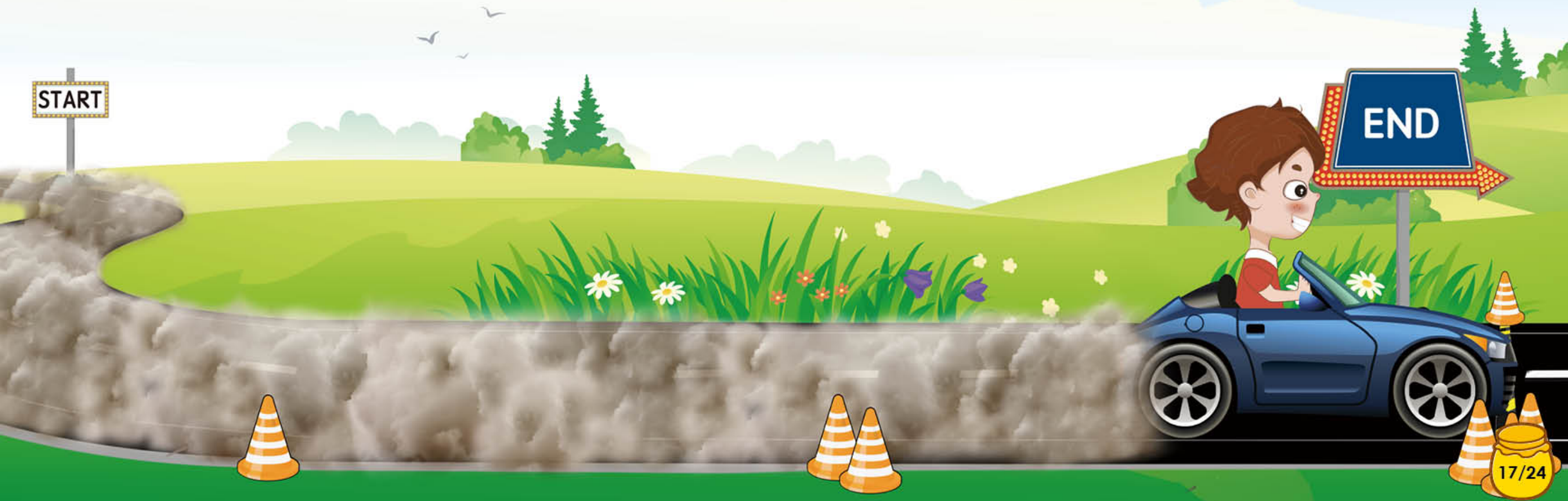
The doctor was very nice. He knew that we like to eat snacks and candy, so he gave us some cool ideas about how to make healthy snacks, like home-made French fries and sugar-free fruit pies. I can't wait to try!



Why did the doctor give some ideas about how to make healthy snacks?



# Let's practice!





# Activity

Look at the pictures, say the words and make sentences.

1



s \_ \_ \_ \_

2



w \_ \_ \_ \_

3



b \_ \_ \_

4



e \_ \_ \_ \_



# Activity

Choose the correct pictures according to the passage, then ask and answer.

**Exercise** can help us stay healthy. You should try to walk as much as possible and also play some sports.



What's your favorite sport?

A yellow speech bubble for the answer.

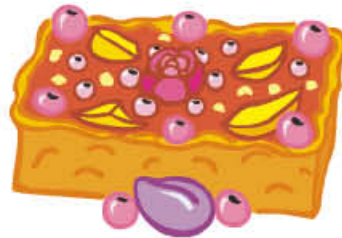


# Activity

**Read the passage and correct the sentence.**

The doctor knew that we like to eat snacks and candy, so he gave us some cool ideas about how to make healthy snacks, like home-made French fries and sugar-free fruit pies.

The doctor gave us some cool ideas about where to buy delicious snacks.





# Writing Preparation

Prepare for your writing by answering the questions.



**Let's talk!**

What's the girl doing? Why is she doing exercises?



**Hints:** exercise weight stay healthy

# Writing Project

**Write a passage about keeping healthy.**



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# Today I learned:

## Topic

Feelings and health —  
Keeping healthy

## Words



stomach



weight



bone



exercise

## Grammar



Subject noun/pronoun

e.g. **A doctor** came to  
our school recently. **I**  
want to let you know  
what he said, so you  
can all keep healthy  
and don't get sick!



SEE YOU SOON!



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TALK