

2

Look after your health!

THE LIFE OF RATONCITO PÉREZ

1 Find these organs in the picture.



2.1 Listen and point.



2.2 Listen and number.

- | | | | |
|-------------------|--------------------------|-----------|--------------------------|
| • lungs | <input type="checkbox"/> | • heart | <input type="checkbox"/> |
| • bones | <input type="checkbox"/> | • nose | <input type="checkbox"/> |
| • blood vessels | <input type="checkbox"/> | • gullet | <input type="checkbox"/> |
| • large intestine | <input type="checkbox"/> | • muscles | <input type="checkbox"/> |

2 Colour what is good for your health.



3 Circle the activities you like doing in your free time. Tell a friend.

reading

riding a bike

swimming

going to the cinema

playing with friends

watching TV

playing on the computer

drawing pictures



HEALTH WEEK

For a healthy start to the year

A HEALTHY BODY

It's easy

and fun!



Healthy activities in your

free time!!!

Healthy activities in your

free time!!!



What does it mean to be healthy?

- 1  2.3 Read and listen.

We are healthy when we feel good physically and mentally. To be **healthy**, we need to **look after all the systems of our body** and we need to do **healthy activities in our free time**.

- 2  2.4 Read and listen to what these children say.



I don't like eating fruit. I prefer eating sweets.

I like doing exercise with my friends!



Before I go to school, I eat a good breakfast.



I prefer playing on the computer!



- 3 Put a green sticker next to the children who look after their health.

How can we look after our digestive system?

1  2.5 Read and listen.

To look after our digestive system we need to eat a **varied and balanced diet** and have **healthy habits**.

2  2.6 Listen and number the pictures. Match the pictures with the advice.



• Don't eat too many sweets.

• Don't drink fizzy drinks.
Drink lots of water.

• Wash fruit before you eat it.

• Don't eat quickly and chew
your food well.

• Brush your teeth after meals.

• Eat food with lots of fibre,
for example, fruit, vegetables,
cereals and pulses.

• Don't eat more food than
you need.

3 Put a sticker next to each picture.

 healthy habit

 unhealthy habit