

Super English

Level 5 - Unit 17
Health - Lesson 1





Vocabulary



Health - Vocabulary



habit: something that you do often and regularly, sometimes without knowing that you are doing it (n)



I am in the **habit** of brushing my teeth twice a day.

Health - Vocabulary



nutritious: containing substances your body needs and can use to stay healthy (adj)



I try to eat **nutritious** meals to stay healthy.

Health - Vocabulary



mental: relating to the mind, or involving the process of thinking (adj)



Doing yoga and meditating are good for your **mental** health.

Health - Vocabulary



physical: relating to the body, or to things you can see or touch, not the mind (adj)



Doing sports is good **physical** exercise.



Let's
Read!

Healthy Habits



Being healthy is something we are always encouraged to do. Being healthy starts with creating healthy **habits**. Healthy habits can make you feel stronger and happier. Think of your body and mind like a car. A car needs good quality fuel to run well. You can't put dirty water in a car and expect it to run smoothly. Just like a car, you need to fuel your body and mind with healthy foods, thoughts, and actions that will make it function well.

Create good habits!

BAD HABITS



Healthy Habits



But what is a habit? A habit is created when you do something enough times until it becomes something you do every day or very often without thinking about it. Having healthy habits can make you feel strong, create better relationships with people around you, help you concentrate better in class, and give you the energy you need to do all of the things you love.



Healthy Habits



One of the most important healthy habits is healthy eating. Healthy eating is all about feeding your body fresh and **nutritious** foods. This should include colorful vegetables, fruits, nuts, grains, legumes, dairy, lean meats, and fish. Try to eat fruits and vegetables that are four different colors because they all help your body in different ways. Try to replace sugary snacks with healthy snacks. And, of course, we should drink plenty of water every day.



Healthy Habits



Daily exercise is also a very important habit to have. Children should be active for at least 60 minutes a day. It supports your **mental** and **physical** health. Find some physical activities that you are fun to do. You can: walk the dog, go for a swim, play sports with friends, or jump on a trampoline. Not only is exercise good for your heart, lungs, and muscles, but it helps you sleep better, manage stress, and feel happier.

Healthy Habits



Another healthy habit is getting lots of sleep. Sleep allows us to restore, repair, and rebuild all the things in our body, including our brain. You can start your homework early in the evening, shoot for a regular bedtime, and turn off technology at least an hour before sleep. Make sure you are getting 10 hours of sleep each night, and you will find yourself feeling fresh and ready to make the most out of every day,



Healthy Habits



Finding a healthy balance with all your habits is important. Going to extremes with your diet, exercise, or sleep isn't necessary. You can enjoy a little of everything. Find a healthy balance of sleep, play, food, water, school, and social time.

When you combine healthy eating, physical activity, plenty of sleep, and lots of water, you will have the power and energy to be your best. Plus, as you get older, you will need these healthy habits because they are important no matter how old you are. So, why not start now?



Let's do
Grammar!

as + adjective + as

We use **as + adjective/adverb + as** to make comparisons when the things we are comparing are equal in some way.

1. The girl is **as pretty as** her mother.
2. This bread is **as hard as** a rock!
3. That light is **as bright as** the sun!



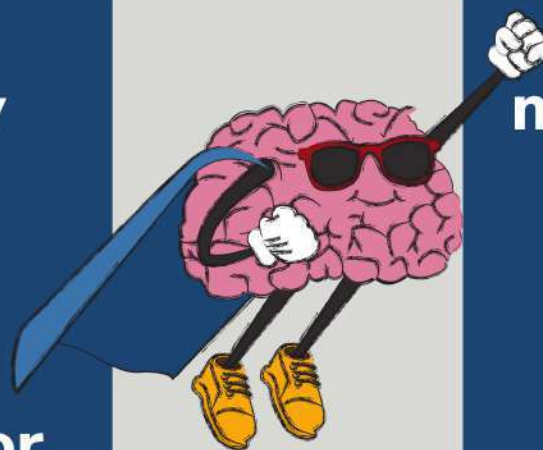


Phonics

Phonics

Prefixes: **micro** = small
macro = large

microscope
microbiology
microfilm
microwave
microphone
microprocessor
microchip



macrocosm
macroeconomics
macroporous
macrofossil
macroscopic
macrosystem
macrohistory

Super English

See you
Next time!

