

NAME: _____ DATE: _____

HEALTH

- 1 Read 6 ways that keeps us healthy and fill in the blank with the correct word: **habit, nutritious, mental, physical, sleep, water**



Get 7–9 hours of
(6) _____
every night.

Eat (1) _____
foods like vegetables,
fruit, and fish.



Exercise _____ every
day to keep your
(2) _____
health strong.



Brush your teeth
every day. It's a
good
(5) _____.

Drink _____ enough
(3) _____
every day.



Try to relax and avoid
stress to protect your
(4) _____
health.



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AS + ADJECTIVE + AS

- 1 Look at the pictures. Use the given adjective to make a sentence using "as + adjective + as".

ADJ	SENTENCE
 fast	the cheetah – the flash Ex: The cheetah is as fast as the flash.
 cold	the weather – the freezer
 cute	the baby – the doll
 slow	his brother – a snail
 heavy	my backpack – a mountain
 soft	her pillow – a feather
 blue	the sky – the ocean