

# Healthy Living

A2 Level • Kids (6-10) • Vocabulary & Everyday • 30 Minutes

## What You Will Learn

- ✓ Health, body and habit vocabulary
- ✓ Give advice with should/shouldn't
- ✓ Healthy vs unhealthy habits
- ✓ Read a school health project
- ✓ Write health tips for younger kids

## Part 1: Health & Body Words

Word	Meaning
<b>eat fruit</b>	apples, bananas, oranges
<b>eat vegetables</b>	broccoli, carrots, peas
<b>drink water</b>	at least 6-8 glasses/day
<b>exercise</b>	run, swim, play sports
<b>get enough sleep</b>	9-11 hours for kids
<b>wash your hands</b>	before eating, after toilet
<b>brush your teeth</b>	twice a day
<b>eat too much sugar</b>	sweets, chocolate, fizzy drinks
<b>too much screen time</b>	phone, tablet, TV all day
<b>eat junk food</b>	burgers, chips, fried food
<b>play outside</b>	fresh air and sunshine
<b>relax</b>	rest body and mind
<b>catch a cold</b>	runny nose, ill
<b>have a headache</b>	head hurts
<b>have a fever</b>	body too hot

## Part 2: Reading — The School Health Project

Class 4B did a health project. Each group researched a different topic.

Group 1 — Eating Well: Children should eat at least 5 portions of fruit and vegetables daily. You should eat breakfast every morning for energy. You shouldn't skip breakfast — you'll feel tired. You shouldn't eat too much junk food or sweets.

Group 2 — Exercise & Sleep: Children should exercise at least 1 hour daily. Exercise makes your heart stronger! Children aged 6-10 should sleep 9-11 hours. You shouldn't use screens before bed — blue light stops you sleeping. You should read a book instead.

Group 3 — Hygiene & Screen Time: You should wash hands before meals and after the toilet. Brush teeth twice a day! Children shouldn't spend more than 2 hours on screens. Take breaks every 30 minutes.

Group 4 — Mental Health: You should talk to someone you trust if you feel sad. You shouldn't keep feelings inside. Spend time with friends and family. Do things you enjoy every day!

Miss Park said: "Being healthy means looking after your body AND your mind."

Comprehension: 1) Fruit/veg daily? At least 5. 2) Why not skip breakfast? Feel tired, can't concentrate. 3) Exercise daily? At least 1 hour. 4) Sleep for kids 6-10? 9-11 hours. 5) Why no screens before bed? Blue light stops sleep. 6) Brush teeth? Twice a day. 7) If sad? Talk to someone you trust.

### Part 3: Giving Health Advice

Should = it's a good idea: You should eat more fruit.  
 Shouldn't = it's not a good idea: You shouldn't eat too much sugar.  
 Should + base verb (no -s, no -ed): She should drink more water.

Should (healthy)	Shouldn't (unhealthy)
You should eat fruit every day.	You shouldn't eat too much junk food.
You should drink lots of water.	You shouldn't drink fizzy drinks every day.
You should exercise for one hour.	You shouldn't sit all day without moving.
You should sleep 9-11 hours.	You shouldn't go to bed very late.
You should wash hands often.	You shouldn't touch face with dirty hands.
You should talk about your feelings.	You shouldn't keep worries inside.

### Part 4: At the Doctor's

**D** Hello Ben! What seems to be the problem?  
 :

**B** I feel tired every day and I have headaches.  
:

**D** What time do you go to bed?  
:

**B** About 11. I play video games until late.  
:

**D** Too late! You should go to bed by 9. You need at least 10 hours of sleep.  
:

**B** What about headaches?  
:

**D** How much water do you drink?  
:

**B** Not much. I usually drink juice or cola.  
:

**D** You should drink more water — at least six glasses. You shouldn't drink too much cola.  
:

**B** I usually skip breakfast too.  
:

**D** You shouldn't skip breakfast! Eat toast, yoghurt or fruit.  
:

**B** Should I exercise more?  
:

**D** Yes! Exercise every day. And you shouldn't play video games for more than one hour.  
:

**B** Thank you, Doctor Lee. I'm going to try all of these!  
:

### Part 5: Game — Should or Shouldn't?

Statement	Answer
Eat 5 portions of fruit/veg daily	<b>SHOULD</b>
Skip breakfast	<b>SHOULDN'T</b>
Drink 6+ glasses of water	<b>SHOULD</b>
Play games until midnight	<b>SHOULDN'T</b>
Exercise 1 hour daily	<b>SHOULD</b>
Drink cola every day	<b>SHOULDN'T</b>
Brush teeth twice a day	<b>SHOULD</b>
Use phone before sleep	<b>SHOULDN'T</b>
Talk to someone if sad	<b>SHOULD</b>

Spend 2+ hours on screens

**SHOULDN'T**

## Part 6: Quiz

Q1. You \_\_\_\_ eat fruit and veg daily.

a) shouldn't b) must not c) should d) don't

Q2. Children \_\_\_\_ go to bed very late.

a) should b) shouldn't c) must d) have to

Q3. You \_\_\_\_ drink at least 6 glasses of water.

a) shouldn't b) mustn't c) don't have to d) should

Q4. Healthiest habit?

a) Junk food daily b) Sleep 4 hours c) Exercise 1 hour daily d) Cola every meal

Q5. You \_\_\_\_ use screens more than 2 hours.

a) should b) must c) shouldn't d) have to

Q6. If worried, you should \_\_\_\_.

a) keep it inside b) talk to someone c) eat more sugar d) skip school

## Part 7: Health Advice

Word Box: should, shouldn't

1. You \_\_\_\_ eat five portions of fruit and vegetables daily.
2. Children \_\_\_\_ skip breakfast before school.
3. You \_\_\_\_ exercise for at least one hour every day.
4. You \_\_\_\_ use your phone before going to bed.
5. Children \_\_\_\_ sleep 9-11 hours every night.
6. You \_\_\_\_ drink too many fizzy drinks.
7. You \_\_\_\_ wash your hands before every meal.
8. You \_\_\_\_ keep your worries inside — talk to someone!

## Part 8: Your Healthy Advice!

### Talk About It

What healthy habits do you have?

What unhealthy habits to change?

How many hours do you sleep?

How much screen time? Should you have less?

What advice for a tired friend?

### Write Health Tips for Younger Kids

Write 6-8 health tips as a poster using should and shouldn't!

*Example: You should eat fruit and vegetables every day. You shouldn't eat too many sweets. You should drink lots of water. You should exercise — play outside and have fun! You shouldn't use screens for more than one hour. You should go to bed early. And always wash your hands before eating!*

### Review Checklist

- I can name 15 health vocabulary words.
- I can give advice with should/shouldn't.
- I know healthy vs unhealthy habits.
- I understand a health advice text.
- I can write 6-8 health tips.

**Well done! You can now give health advice in English!**

## Answer Key

### Quiz Answers:

1. c) should
2. b) shouldn't
3. d) should
4. c) Exercise 1 hour daily
5. c) shouldn't
6. b) talk to someone

### Fill in the Blanks:

1. should
2. shouldn't
3. should
4. shouldn't
5. should
6. shouldn't
7. should
8. shouldn't