

FEELING FIT





Alvarez Photography
Stephen Alvarez



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ABOUT THE PHOTO

This photo shows John Benson climbing Limestone rocks in Madagascar.

Madagascar is an island off the coast of Africa.

a back



a bone



an elbow



fingers



a knee



a muscle



a shoulder



a stomach



toes



an arm



ear



eyes



foot



hand



head



leg



mouth



nose



eat fruit



eat junk food



eat vegetables



get exercise



get rest



Connect words

1. A finger is part of a hand_____
2. Toes are part of a _____
3. Eyes are part of a _____
4. A nose is a part of a _____
5. A hand is part of a _____
6. An elbow is a part of a _____
7. A knee is a part of a _____
8. Fingers are part of a _____

Answer with body parts

1. What do you use to walk? I use my feet
2. What do you use to write? _____
3. What do you use to eat? _____
4. What do you use to dance? _____
5. What do you use to lift things? _____
6. What do you use to jump? _____
7. What do you use to watch t.v? _____

Answer

8. What do you use to brush my teeth? _____

9. What do you use to play soccer? _____

10. What do you use to ride a bike? _____

11. What do you use to listen to music? _____

12. What do you use to touch my dog? _____

13. What do you use to smell? _____

14. What do you use to clap? _____

15. What do you use to dance? _____

Which activity is the most important?

Give one reason

- Eat junk food
- Eat vegetables
- Get rest
- Eat fruit
- Get exercise
- Drink water
- Play video games
- Walk

Favorite activity/ routine	What parts of the body do you use?	Give one Reason (Why)
Play soccer	I use my legs, feet and knees.	I play soccer because I love soccer.
Walk with my dog	I use my hands, arms, legs, feet and eyes.	I walk with my dog because I love my dog.
Get exercise	I use my body	I get exercise because I need to feeling fit.

Favorite activity/ routine	What parts of the body do you use?	Give one reason (Why)
Eat vegetables		
Play volleyball		
Get rest		

Favorite activity/ routine	What parts of the body do you use?	Give one reason (Why)
Play video games		
Wash my face		
Do my homework		

DAILY ROUTINE

DIFFERENT ACTIVITIES



WHAT DO YOU DO BEFORE / AFTER SCHOOL?

- Get up
- Take a shower
- Wash my face
- Get dressed
- Comb my hair
- Eat breakfast
- Brush my teeth
- Walk / go to school
- Eat lunch
- Do my homework
- Play with friends
- Watch T. V.
- Play video games
- Ride a bike
- Feed my pet
- Eat dinner
- Go to bed.

WHAT DID YOU DO YESTERDAY?

1. Did you wash your hands?

Yes, I did

No, I didn't

2. Did you take a shower? _____

3. Did you eat breakfast? _____

4. Did you brush your teeth? _____

5. Did you ride a bike? _____

6. Did you do your homeworks? _____

chips

exercise

candy

junk food

shower

water

little sleep

fruits

vegetables

plenty of sleep

yoga

lots of TV

soda

cookies

no exercise

hike

IN SHAPE

OUT OF SHAPE

SELECT THE CORRECT ANSWER



What will NOT help you stay in shape?

- riding bikes
- eating cookies
- doing gymnastics
- doing yoga

SELECT THE CORRECT ANSWER



Tara doesn't feel so great.
Is it because she stayed up
_____?

- late
- last night
- in bed
- yesterday

SELECT THE CORRECT ANSWER



Jake got _____ rest yesterday.

- sleep
- enough
- did
- too

SELECT TRUE OR FALSE



1. Getting enough sleep is bad for you.
2. Fruits and vegetables are good for you.
3. Taking a walk is good exercise.
4. Candy is good for your health.
5. Water is junk food.

Yes No



SELECT



you drink enough water yesterday?

Did Do

Yes, I .

did didn't

SELECT THE WORD

brush • drink • eat • get • take



Did she her teeth yesterday?

SELECT THE WORD

exercise • hike • junk food • shower • watched TV



In the morning, I ride my bike.

In the afternoon, I take a .

ORGANIZE THE SENTENCE



enough

sleep

get

He

didn't

ENOUGH / TOO

ENOUGH

As much as needed (sufficient)

Ex:

- I get enough sleep at night.
- I drink enough water in the morning.
- I get enough exercises in the week.
- I get enough rest today.
- I take enough shower this week.

TOO

More than is needed.

Ex:

- Don't stay up too late.
- Don't watch too much t.v.
- I drink too much soda.
- I eat too cake at the party.
- I eat too much pizza.

SELECT ENOUGH / TOO



➤ I eat enough fruits.

SELECT ENOUGH / TOO



- Don't eat too much junk food.
- I eat too much junk food.

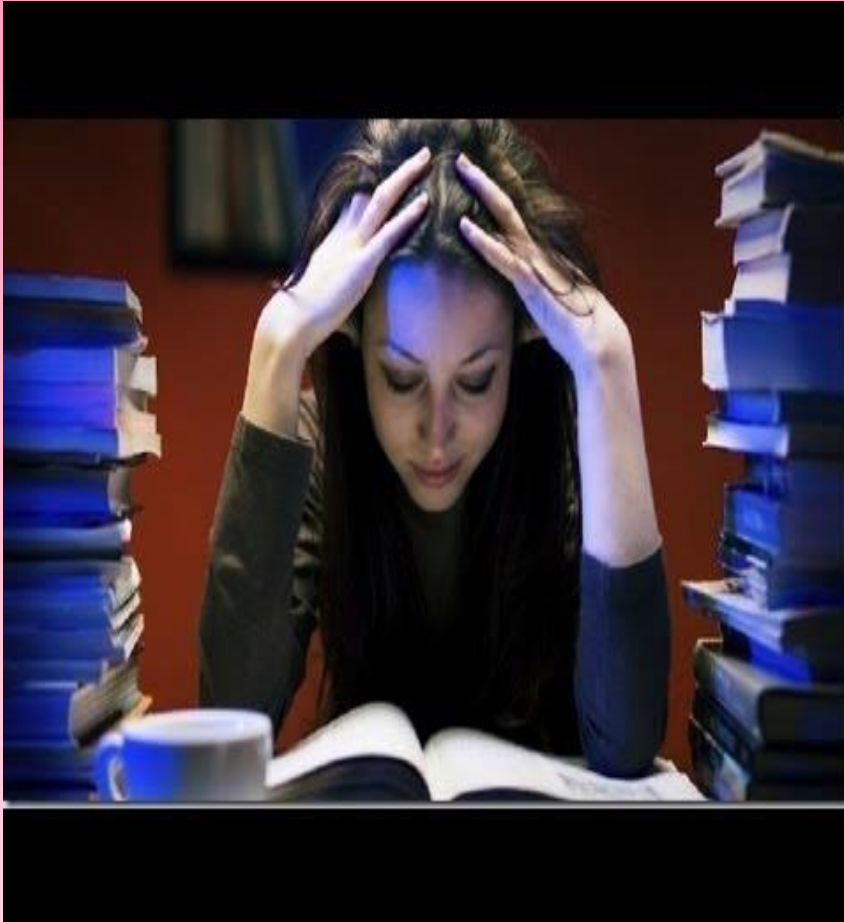
SELECT ENOUGH / TOO



SELECT ENOUGH / TOO



SELECT ENOUGH / TOO



SELECT ENOUGH / TOO



SELECT ENOUGH / TOO



SELECT ENOUGH / TOO



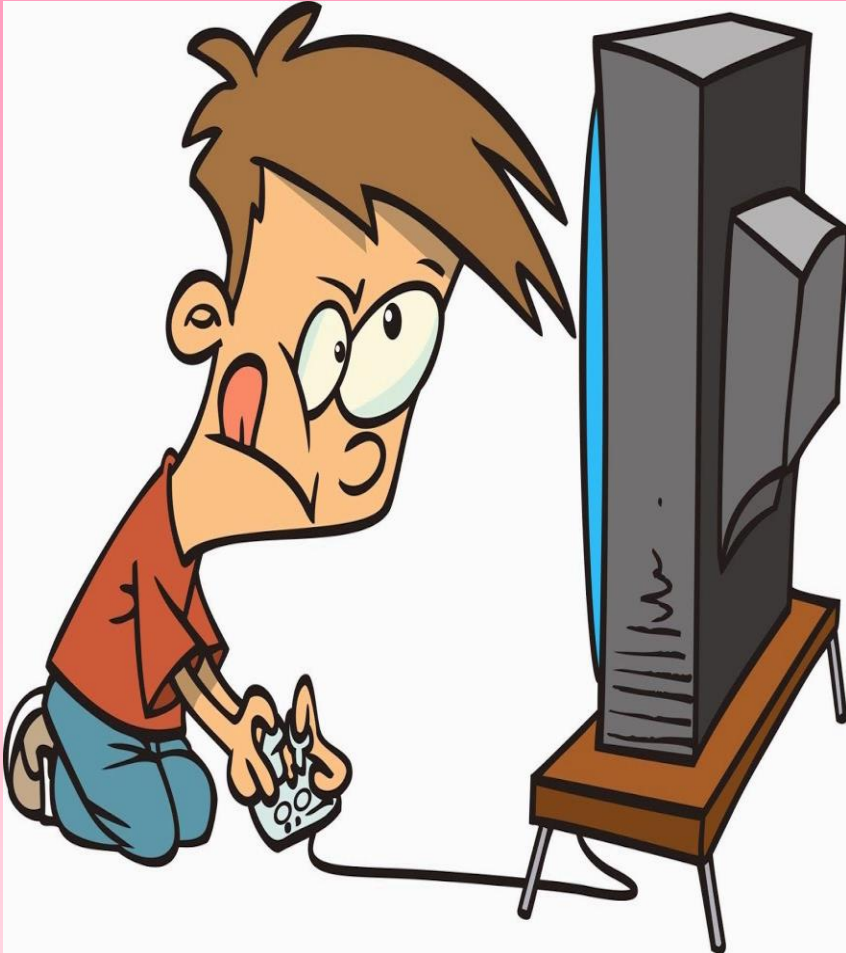
SELECT ENOUGH / TOO



SELECT ENOUGH / TOO



SELECT ENOUGH / TOO



SELECT ENOUGH / TOO



SELECT ENOUGH / TOO