

3rd GRADE MINIMUM CONTENTS

UDI 1 : OUR BODY – LOOKING AFTER OUR BODY (4)

► LOOKING AFTER OUR BODY

We need to have **healthy habits** to stay healthy and grow correctly. These habits include keeping **clean**, getting enough **sleep**, eating a **healthy balanced diet** and doing regular **exercise**.

The food we eat affects how our body grows. We need to eat a variety of healthy foods. We also need to drink six to eight glasses of water a day.

Exercise is fun and it is good for our body and our health. To exercise correctly, we need to follow these simple rules: warm up first, stretch after exercise and wear the correct clothing and protective equipment.



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ACTIVITIES

1.- Write four habits that are good for your body.

2.- Complete the sentences about healthy habits.

Exercise - diet - water - clean - sleep -

- a. Get enough
- b. Drink six to eight glasses of a day.
- c. Keep your body
- d. Do regular
- e. Eat a healthy and balanced

3.- Keep a diary of your habits for seven days. Do you have healthy habits?

	Hours of sleep	Breakfast	Lunch	Dinner	Type of exercise
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

4.- Complete your bilingual dictionary.

LOOKING AFTER OUR BODY		
- healthy habits : _____	- Healthy balanced diet : _____	- Health : _____
- Clean : _____	- Regular exercise : _____	- Warm up : _____
- Sleep : _____		- Stretch: _____