

St. Paul's Convent School, Primary Section
English Supplementary Exercise (2019-2020) 2nd term
Comprehension – Unit 5

Answers

Name: _____
Class: 4 () **No:** ()

Date: _____
Cycle: ()

Staying Healthy

Good afternoon, everyone. ‘An apple a day keeps the doctor away’. This is a common proverb that reminds people to eat apples in order to stay healthy, but is that really the case? Staying healthy is an important part of growing up. It can also **affect** you physically and emotionally. Surely, it takes much more than simply eating one apple each day. That is why I
 5 would like to share with you a few simple ways to keep your body fit and healthy.

The first step to good health is eating a **balanced** diet. We all have our favourite kind of food, but the best choice is to eat a variety. If you eat different foods, you’re more likely to get the nutrients your body needs. Try to have at least two servings of fruits and three servings of vegetables each day. When you are thirsty, water is the best thirst-quencher. Each person should
 10 drink about six to eight cups of water a day. Milk is another healthy option. Children need calcium to build strong bones and milk is a great source of this mineral.



Besides eating a healthy diet, being active is another way to keep your body strong. Exercise is a great way to **relax** after having lessons all day. However, children love to spend a large amount of time watching television, playing video games and using electronic **devices**.
 15 The more time you spend on these **sedentary** activities, the less time for active activities, like playing basketball, cycling, and swimming. Doctors recommend that children participate in physical activities for at least half an hour each day. It doesn’t mean you have to take part in a team sport or spend lots of money on expensive equipment, but try doing something you enjoy.

Being healthy can be as simple as keeping a balanced diet and staying active. If you’re
 20 eating the right food and keeping fit, your body will be strong and help you to cope with stress and fight illness. If you can make these healthy changes to your lifestyle, you can all have the health and strength to do the things you enjoy every day! Thank you.



A. Fill in the boxes in short answers.

Topic of the speech:	1) <u>Staying Healthy</u>
Active activities suggested by the speaker:	2) _____ Playing basketball
	3) _____ Cycling
	4) _____ Swimming

B. Answer the questions in complete sentences.

1. Why should you eat different foods?

We should eat different foods because we are more likely to get nutrients our bodies need. /

I should eat different foods because I am more likely to get nutrient my body needs.

2. Is milk healthy for children? Why or why not?

Yes, milk is healthy for children because they need calcium to build strong bones (, and milk is a great source of this mineral).

3. What are the **TWO** ways to keep our body fit and healthy?

The two ways are eating a balanced diet and being active.

4. How much time should children spend on physical activities each day?

Children should spend at least half an hour on physical activities each day.

C. Choose and put a for the most suitable answers.

1. The speaker begins his speech with a _____.

a. proverb b. simile c. song

2. Which of the following is a kind of sedentary activity?

a. Jogging b. Skipping c. Surfing the Internet

3. At least how many cups of water should each person drink a day?

a. Four b. Six c. Eight

4. According to the last paragraph, when your body is strong, you can _____.

a. lift heavy things b. cope with stress and fight illness c. be smarter

D. Match the words from the passage with their meaning.

- | | |
|-------------------------------|---|
| 1. affect (v.) (line 3) | a. to rest while you are doing something enjoyable |
| 2. balanced (adj.) (line 6) | b. having good or equal amounts of all the necessary parts of something |
| 3. relax (v.) (line 13) | c. doing or involving a lot of sitting |
| 4. devices (n.) (line 14) | d. objects or machines that have been invented for a particular purpose |
| 5. sedentary (adj.) (line 15) | e. to produce a change in somebody or something |

1. e 2. b 3. a 4. d 5. c

E. Fill in the blanks with the words from part D. Change the form if necessary.

1. Eating a balanced diet is an important part of maintaining good health for children.
2. We have a device that can switch the lights on at a preset time in the evening.
3. After work every day, my mum relaxes with a cup of tea and the newspaper.
4. A flood can greatly affect people living along the river banks. They might lose their homes and properties.
5. Working in an office is very sedentary because you always sit in your chair and rarely move around.

F. Make a meaningful sentence using these words from the passage.

1. variety (n.) (line 7)

2. cope with (v.) (line 20)

