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My body for life

Pre-reading question

What things can a healthy body do?

New words

buddy: My best buddy is always there when I need someone.

fruit and vegetables: I eat my fruit and vegetables so that I can be strong and healthy.

Hi, this is my body. I love my body.



My body is my buddy for life.



I eat fruit and vegetables.
They are delicious.



They keep me healthy and growing.



k keep

5

I play outside
every day.
These are fun times.



Playing keeps
me strong.

Post-reading questions

1. What does the boy eat to keep him strong?
2. What does the boy play to keep him strong?
3. What games do you play?

Let's keep safe

Pre-reading questions

1. Read the title. What do you think are the things you should do to keep safe?

New words

strangers: I don't talk to strangers.

dangerous: It's dangerous to walk alone at night.

liquid: I drink a lot of liquid every day.

unsafe: It is unsafe to go to a park without an adult.

night: We sleep at night.

seatbelt: I always wear my seatbelt in the car.

Do not talk to strangers on your phone. They could be dangerous.



s stranger

t talk

7

Do not drink unsafe liquids.
Unsafe liquids can make you sick.
Big brother will keep you safe.

