





Go to Bed Early

Go to bed early — wake up with joy.

Go to bed late — cross girl or boy.

Go to bed early — ready for play.

Go to bed late — moping all day.

Go to bed early — no pains or ills.

Go to bed late — doctors and pills.

Go to bed early — grow very tall.

Go to bed late — stay very small.



Read and learn

early



get up early



go to bed early

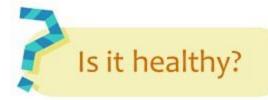
late



get up late



go to bed late



Complete each phrase by using "early" or "late"



get up _____





go home ____



Read and learn: live a healthy life







do some exercise

get enough sleep

brush your teeth well

Read and learn: live an unhealthy life







eat junk food

eat with dirty hands

skip breakfast

Fill in the blanks



do some



get sleep



brush your teeth____



eat food



eat with hands



breakfast

Look and classify

a healthy life

an unhealthy life













Read and learn

always ←---- never

This is Annie and she lives a healthy life. Let's see what she does.













She always does some exercise.

She always gets enough sleep.

She always brushes her teeth well.

She never eats junk food.

She never eats with dirty hands.

She never skips breakfast.

Choose the correct answer

She never _____ to school late.

A. go

B. goes

C. going

2. Mom and dad _____ on Sunday evenings.

A. swim always

B. always swim

C. always swims

3. Annie _____ eats junk food. She lives a very healthy life.

A. always

B. usually

C. never

Complete the following mind map

