

The logo for 'Smart Kids' is displayed in a stylized, bubbly font. 'Smart' is in a light purple color, and 'Kids' is in a darker purple color. The letters are outlined in white and have a slight 3D effect.

Smart
Kids

Unit 6

Health and Disease

Lesson 1

Ready to Learn





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

Is it healthy?

Let's Practice

Lesson 1 • Ready to Learn

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

Let's Practice

Lesson 1 • Ready to Learn

Fill in the blanks



do some _____



get _____ sleep



brush your teeth _____



eat _____ food



eat with _____ hands



_____ breakfast

Let's Practice

Lesson 1 • Ready to Learn

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

1. 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

