





Go to Bed Early

Go to bed early — wake up with joy.

Go to bed late — cross girl of 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.



Annie is ill, and she goes to the doctor with her mom.



Answer the questions

e.g. He has a toothache. He should...

















They are all waiting outside the doctor's room. Now it's Annie's turn.



A doctor is examining Annie.

Doctor: How old are you, Annie?

Annie: I'm ten.

Doctor: Open your mouth. Say, "Ah..."

Annie: Ah...

Doctor: OK. Then let me take your temperature.

(3 minutes later...)

Doctor: Annie, you have a bad cold and a fever.

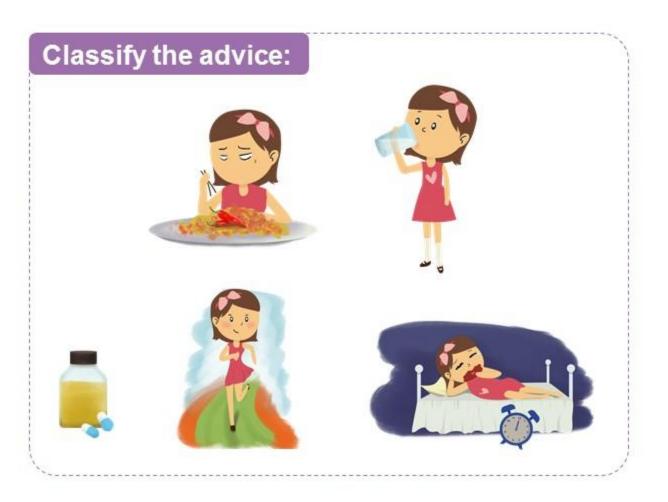
Annie: Then what should I do?

Doctor: You should...



Help the doctor complete Annie's medical records





Have a Rest at Home

Annie and her mom go home. Annie has a rest at home.

Allen: Annie, here are(some/any) fruits for you.
Annie: Thanks, Allen.
Allen: Would you like(some/any) water?
Annie: Yes, I should drink(many/much) water.
Mom, can I have(some/any) ice cream?
Mom: You have a cold and you shouldn't have(some/any) of it.
Lucy: Mom, can I have(some/any) French fries?
Mom: Yes, you can, But you (should/shouldn't) have too muc

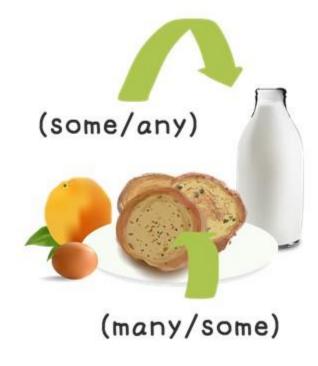
Lucy: OK, mom. But how to live a healthy life?

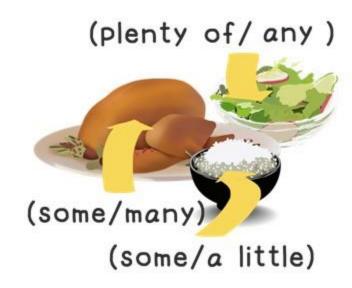
Mom: Let's make a plan for it.

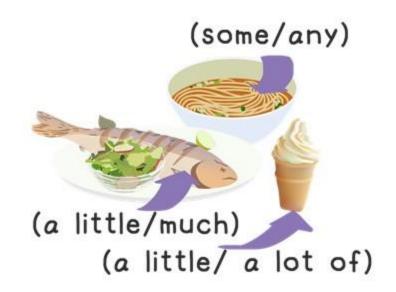
We should live a healthy life.

Live a Healthy Life

Plan 1: To have a healthy diet

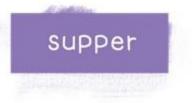






breakfast

lunch



Live a Healthy Life

They go to the supermarket to buy some healthy food based on Plan 1.

e.g. There are plenty of vegetables.



Live a Healthy Life

Plan 2 & Plan 3: always/never

plan 3: always







plan 4: never







The End

Read aloud



Annie is ill and the doctor tells Annie what she should do and what she shouldn't do. The best way to prevent diseases is to live a healthy life. This is the way how Annie's family live a healthy life:

Firstly, they have a healthy diet.

Secondly, they are in many good habits, such as, doing exercise every day, getting enough sleep, never eating with dirty hands and so on.

Health is important for every one. Let's live a healthy life together!