

David is reading a newsletter about **Good Habits Week** at school.

Starlight School**Newsletter**

June Issue

Let's be fit and healthy!

Around 20% of the students in Hong Kong are overweight nowadays. In order to encourage our students to stay fit and healthy, the school is holding
5 Good Habits Week from 3rd to 7th July. During the week, students will:

★ **Get plenty of exercise.** The playground will be open for different kinds of sports after school, from Monday to Tuesday for P.1 to P.3 students, and from Wednesday to Friday
10 for P.4 to P.6 students. There will not be any classes on Wednesday afternoon (5th July). Teachers will conduct some physical activities with their students in the playground.



★ **Eat more fruit and vegetables.** Students can buy fruit and fresh fruit juice
15 in the tuck shop during recess and lunchtime. The school is not going to sell any fried food. There will be a variety of
20 vegetables in the lunchboxes too.



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TIPS for staying fit and healthy

- ✓ **Avoid** eating fried food and sugary food
- ✓ Go to bed early and have enough sleep
- ✓ Use the stairs instead of the lifts
- ✓ Stay positive and share your feelings with friends and family

Parents can also help their children live a healthy life!

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A Choose the best answers by blackening the circles.

1. Good Habits Week lasts for _____.

- A. four days B. five days C. one week D. two weeks

Q2

What is a physical activity?

2. What will the students do on 5th July? A. B. C. D.

3. What can David NOT have at school during Good Habits Week?

- A. Broccoli B. Curry puffs
 C. Strawberries D. Grape juice

4. Read line 21. The word 'avoid' means to _____.

- A. try B. enjoy
 C. keep on D. stay away from

5. According to the tips, what should David do?

(1)



(2)



(3)



(4)



- A. (1) and (3) B. (1) and (4) C. (2) and (4) D. (3) and (4)

B Fill in each blank with a word from the text.

Q7

Find the word in the tip box.

Hi David,

Why don't we do some 6. _____ together this weekend? We can jog in the park. It is important for you to get 7. _____ physical activities because they prevent you from gaining weight.

Dad