

Class

Name

▪ **Look and circle.**

1.



- a. easily
- b. shoulder
- c. more

2.



- a. mind
- b. say
- c. real

3.



- a. improve
- b. oxygen
- c. army

▪ **Read and circle.**

4. practice

a.



b.



c.



5. magazine

a.



b.



c.



▪ **Read and circle.**

6. You need to _____ yourself.

- a. fight
- b. protect
- c. exercise



7. Our bodies need _____.

- a. oxygen
- b. say
- c. compare



8. I _____ myself to my brother.

- a. more
- b. pain
- c. compare



▪ **Circle. Then write.**

9.



The _____ (blood/back) moves in your body.

_____.

10. Pictures in the magazine aren't



(more/real).

_____.

11.



Use your _____ (muscles/invent) to lift things.

_____.

- **Read the passage. Then choose the correct answer.**

[12-15]

It's time to exercise. What does your body do?

Your muscles use the food you eat. They use food and oxygen to move. You move your muscles more. You breathe harder. Your body needs more oxygen. Your heart moves faster.

Blood carries oxygen around your body. More blood helps your muscles. It also helps your brain. Exercise can improve your mood. It helps your body and mind.

12. Muscles use the oxygen we breathe.

☐

Yes

☐

No

13. Exercise hurts your body and mind.

☐

Yes

☐

No

14. You _____ harder when you exercise.

a. mind

b. breathe

c. army

15. How does exercise help your brain?

a. It improves your mood.

b. It improves your food.

c. It improves your blood.

[16-19]

Did you know sitting can hurt you?

Sitting is hard for your shoulders and back. You might feel pain. Your blood moves slow, too. Your heart has to work harder. The blood doesn't move easily. This can hurt your muscles. It can hurt your brain, too.

So don't sit for too long. Take breaks. Get up and move! Moving makes your body happy and healthy.

16. Sitting can hurt your body.

☐

Yes

☐

No

17. Moving makes you happy.

☐

Yes

☐

No

18. You need to _____ and move to be healthy.

a. matter

b. pain

c. get up

19. What should you do after sitting for a while?

a. Take a nap.

b. Take a break.

c. Take a trip.