





**4 Read the text and answer the questions.**

Food gives us energy to play, learn, and grow. Different foods give us different kinds of energy. Meat gives our body protein to make us strong. Fruits and vegetables give us vitamins to keep us healthy. They also help us fight sickness. Sugar gives us quick energy, but too much sugar is not good for our health. Water is very important because it helps our body work well. When we eat the right food and drink enough water, we have good energy every day.

**A. Choose the correct answer from a, b or c.**

1. This text is about ".....".  
a. Reading                      b. Safety                      c. Food
2. The opposite of the underlined word "strong" is ".....".  
a. friendly                      b. weak                      c. healthy

**B. Answer the following questions.**

3. Why is water important?

.....

4. What do fruits and vegetables give us?

.....

**5 Reorder the words to make correct sentences.**

1. **AB** must - We - vegetables - eat.

.....

2. **AB** eat - day - every - I - fruits .

.....

**6 Punctuate the following.**

1. laila wakes up and dresses herself

.....

2. who makes a salad for himself

.....

