

# Healthy Bodies

Read the text. Then answer the questions about the author's reasons for teaching this information.



It is important that we eat healthy foods and exercise every day. We can help our bodies feel good by eating fruits and vegetables every day.

A balanced diet is one that has all of the food groups.

Your diet is made up of the foods you eat and the things you drink. This means eating foods of every color, every day. Move more! We can help our bodies and minds stay calm by exercising every day. You can run,

walk the dog, play, swim, ride your bike, or even climb the stairs. Kids should try to exercise for at least 60 minutes every day. Moving our bodies helps keep stress levels low.



## 1. Why does the author say we should eat healthy food every day?

To help our bodies feel good



It's fun to eat different foods



The author doesn't say to eat healthy foods

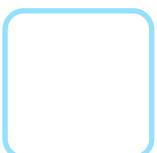


## 2. Why does the author say that we should move our bodies every day?

So we don't get sick



So our bones don't fall asleep



To keep stress levels low



# Healthy Bodies Worksheet



## Worksheet Answer Key.

Scan the QR code to get the answer key for this worksheet. In it, you'll also find an explanation of how to solve the worksheet and additional learning resources.

**Healthy Bodies**

Read the text. Then answer the questions about the author's reasons for teaching this information.

It is important that we eat healthy foods and exercise every day. We can help our bodies feel good by eating fruits and vegetables every day. A balanced diet is one that has all of the food groups. Your diet is made up of the foods you eat and the things you drink. This means eating foods of every color, every day. Move more! We can help our bodies and minds stay calm by exercising every day. You can run, walk the dog, play, swim, ride your bike, or even climb the stairs. Kids should try to exercise for at least 60 minutes every day. Moving our bodies helps keep stress levels low.

1. Why does the author say we should eat healthy food every day?

To help our bodies feel good

It's fun to eat different foods

The author doesn't say to eat healthy foods

2. Why does the author say that we should move our bodies every day?

So we don't get sick

So our bones don't fall asleep

To keep stress levels low

Get more worksheets at [www.kidsacademy.mobi](http://www.kidsacademy.mobi)



## Complete this worksheet online.

Scan the QR code below to open this interactive worksheet!

Let your child learn and play! The worksheet comes with a professional voice over of the task, and will be automatically checked and scored upon completion. Your child will also get suggestions of similar activities.



You can open this online worksheet in any browser and on any device. NO registration or app installation is needed to start learning. Just scan the QR code and there you are!

## Ready to learn more? Use the code below to access a free lesson!

Interactive games, educational videos, online quizzes and our full worksheet collection - check it all out now!

### For Students and Parents

Check out this free Trial Lesson with fun worksheets for kids!



Lesson 2: Counting to 120 starting at any number

Counting 100-120 Video

Counting 100-120 Worksheet

Counting 100-120 Quiz

Counting 100-120 Game

### For Schools and Teachers

Great! Now your students can use the code below to join the class.

7008  
kidsacademy.com  
Code expires in: 00:59:59  
COPY ACCESS LINK



<https://www.kidsacademy.com/tg/>

<https://www.kidsacademy.com/classroom/>