



1996

PRIMARY FOUR - ENGLISH HOMEWORK  
2019-2020 ACADEMIC YEAR

Date: Tuesday, 7<sup>th</sup> April 2020



**Keeping Fit**

In the past people ate only the vegetables they grew on their farms, or the meat from the animals which they hunted or kept in their houses and on their farms. Nowadays there are many new types of food on the market, but you have to be careful which food is healthy and good for you.

Also, it is important to make sure that you have a balanced diet. This means that you mustn't eat too much of one type of food. Doctors say that what you eat is more important than how much you eat. You must have some sort of exercise every day. It is not a good thing to run for three hours one day and then do nothing for the next week. If you want to keep healthy and fit, then you have to exercise daily. Doctors say that swimming and walking are the best sorts of exercise for everybody. They also say that sitting in front of the TV for too many hours is very bad for your health. You may enjoy the programmes, but your health doesn't.

**A-Read the passage and write true (T) or false (F).**

- 1-Not all the food in the market is healthy. ( )
- 2-Exercising is good for your health. ( )
- 3-How much you eat is more important than what you eat. ( )
- 4-Sitting in front of the TV for a long time is good for your health. ( )
- 5-The best sorts of exercise are swimming and walking. ( )

**B-Read the passage and answer the questions using long answers.**

**1-What does a balanced diet mean?**

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**2-How can you keep yourself healthy and fit?**

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**3- Why do you have to be careful when you choose food?**

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**4-What are the best sorts of exercise for everybody?**

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**5-How did people eat in the past?**

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