What is good for your health?

Breakfast is good for your health.

Hiking is good for your health.

Reading is good for your mind.

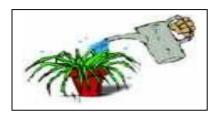Laughing is good for your health.

Too much water is bad for the plant.

Spicy food is bad for your stomach.

Eating too much is bad for your stomach.

Junk food is bad for your health.

Vocabularies:

Health: a healthy state of wellbeing free from disease

Mind: The faculty of thinking, reasoning, and applying knowledge

Plant: A plant having no permanent woody stem; an herb

Stomach: The abdomen or belly

Junk: Articles which are worn-out or fit to be discarded.

Expressions:

Eating/Hiking/Laughing is good for your health.

Too much water for the plant/Spicy food / Eating too much/ Junk food is bad.

Practice:

1. Breakfast is _____for your health.

2. Hiking is good for your _____.

3. _____ is good for your mind.

4. Too much _____ is bad for the plant.

5. _____ food is bad for your stomach.

6. Eating too much is bad for your _____.

Exercise:

1. What are good for your health?
2. What is good for your mind?
3. What are bad for the stomach?
4. What is bad for the plant?