

**I. Match the opposites.**

before	unhealthy
night	dirty
sweet	after
quick	awake
remember	day
clean	sour
good	weak
healthy	forget
asleep	slow
strong	bad

**2. Write sentences about health that include both a word and the opposite of that word.**

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_
- d. \_\_\_\_\_  
\_\_\_\_\_

# 22b Help Yourself to Health

Name \_\_\_\_\_

## Personal Health Planner

Write your plan under each heading. Use your book for help.

Foods					
	Group 1	2	3	4	5
Drink					
Sleep					
Exercise					
Keeping Clean					

## 22b Help Yourself to Health

Name \_\_\_\_\_

Sort the names of fruit and vegetables into sets according to the number of syllables. Tick or circle the ones you like best.

carrots lettuce beans cabbage broccoli eggplant peas

cauliflower spinach apples bananas pawpaws plums

pomegranates peaches oranges pears mangoes

1	2	3	4