**Big English 3 U8**

**Vocabulary**

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| **Healthy Habits** | 1. drink lots of water | 2. eat a healthy breakfast |
| 3. get enough exercise | 4. get enough sleep |
| 5. ride your bike after school |  |
| **Content Words** | 1. activities
 | 1. body
 | 1. calorie
 | 1. difficult
 |
| 1. exciting
 | 1. gain weight
 | 1. measure
 | 1. pay attention
 |
| 1. puck
 | 1. push
 | 1. race
 | 1. score
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**Phrases**

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| **Expressions** | 1. I guess.
 | 1. Well…
 | 1. My stomach feels funny.
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| **Values** | To learn the value of getting exercise. |

**Grammar**

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| * **To use *did* and *didn’t* to talk about what happened in the past.**
 |
| Q: **Did** you/he/she/they **get** enough sleep yesterday? | A:Yes, I/he/she/they **did**. | A: No, I/he/she/they **didn’t**. |