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# A Short Walk Can Keep You Healthy

班級：

姓名：

## Vocabulary

1. control \_\_\_\_\_

3. blood \_\_\_\_\_

2. minute \_\_\_\_\_

4. healthy \_\_\_\_\_



## Question

- ( ) 1. What is a good idea after eating?  
(a.) Jumping on the bed  
(b.) Swimming in Sun Moon Lake  
(c.) Taking a short walk

- ( ) 2. Why does sugar do for our body?  
(a.) It gives us energy  
(b.) It makes us cry  
(c.) It makes us hungry

- ( ) 3. How long do you need to walk after eating?  
(a.) Maybe just 2-minutes!  
(b.) Maybe 4 or 5 hours  
(c.) About 90 minutes

Teacher 1