

Ministry of Education, Heritage & Arts
2021 LITERACY WORKSHEET 1
YEAR 7

A. Write only one word in each space to complete the passage.

Keeping Yourself Healthy

The most important tip 1._____ a healthy body is to have healthy food and avoid eating junk food. None of the nutrients 2._____ available in these junk foods. Your diet should contain food which has 3._____ nutrients. Try to include leafy vegetables, fresh vegetables, fruits, milk, and fish in your daily diet. Make sure you are having your breakfast regularly. Skipping your breakfast 4._____ affect your health. If the water content in your body goes low, then it will 5._____ to dehydration, so drink a lot of water daily.

Exercise also 6._____ a vital role in keeping your body healthy. Regular 7._____ will also keep your body in good health. It 8._____ recommended to exercise for 30 minutes to one hour per day.

Apart from these, your body should get enough time to take rest. Make sure you get a sleep of 8 hours 9._____. Sleep is very important for 10._____ body and also for mental and emotional happiness.

Adapted from: <https://www.ukessays.com>

A. Vocabulary

Find the meaning of the following words:

vital	role	dehydration	recommend	emotional
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B. Parts of Speech

Identify the part of speech that is underlined in each of the sentences below.

1. Try to include leafy vegetables, fresh vegetables, fruits, milk, and fish in your daily diet.
2. Make sure you are having your breakfast regularly.
3. Exercise will keep your body healthy.
4. One must exercise for 30 minutes to one hour per day.
5. Sleep is very important for our health.

C. Sentence Completion

Add five to eight words to complete each sentence.

1. I am saving money so that _____.
2. My friends enjoy _____.
3. Eating balanced meals _____.

D. Composition

Write a composition on the topic given below. Write about 100 – 120 words.

My healthy habits.