

Sağlık ve Spor (Health and Sports)

Çalışma Kağıdı

Sağlık, bedenimizin ve zihnimizin iyi durumda olmasıdır. Spor ise bedenimizi hareket ettiren, bizi eğlendiren ve güçlendiren aktivitelerdir.

Sorular

1. Which of these is a sport?

- A) Reading a book
- B) Playing basketball
- C) Watching TV
- D) Sleeping

2. What helps us stay healthy?

- A) Eating only sweets
- B) Sleeping all day
- C) Eating healthy food and exercising
- D) Watching too much TV

3. What is the English word for 'sağlık'?

- A) Sport
- B) Healthy
- C) Health
- D) Exercise

4. What does 'healthy' mean?

5. Can you name some sports?

6. Why is sport important?

7. Tanımla: Healthy

8. Tanımla: Sport

9. Tanımla: Eat well

Cevap Anahtarı

1. B) Playing basketball — Playing basketball is a sport because it involves physical activity.
2. C) Eating healthy food and exercising — Eating healthy food and exercising are key to staying healthy.
3. C) Health — 'Health' is the English word for 'sağlık'.
4. Healthy means being well, both in your body and mind. Eating good food and exercising helps you stay healthy.
5. Yes, some sports are football, basketball, swimming, and running. They make us strong and happy.
6. Sport is important because it makes our bodies strong, our minds sharp, and it's fun! It also helps us make friends.
7. Sağlıklı
8. Spor
9. İyi beslenmek

Bounlu

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