

Staying healthy

Vocabulary exercise

a) Complete each sentence with the words in the box below.

Soda - Twice - Milk - Meat - Park - Donuts
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1. I drink _____ in the morning because it is good for my bones
2. On September 18th we use to eat _____ because my dad does barbecue every year
3. I go out with my dog to the _____ every day at least one hour
4. My mom hates when I drink _____ because she says it is bad for my health
5. I normally wash my teeth _____ a day
6. I love eating _____. It is my favourite food

Read the text and then develop the following items.



Hi, I'm Max I don't like vegetables, I hardly ever eat them, I like eating pizza, french fries or donuts for lunch but I don't eat meat at all. Sometimes mom makes me drink some milk in the evenings but I don't really like it I prefer soda, however I don't drink soda every day but I do it like four times a week, the other days I drink orange juice or water. In my daily life, I like playing video games with my friends, I spend 5 hours on my computer and twice a week I play football in the park with my older brother and his friend.

b) Write 4 advices for Max In order to have a healthy life using should or shouldn't.

Example: You should try to eat more vegetables at lunch.

1.
2.
3.
4.

c) Classify the following statements writing “H” if it is healthy or “UN” if it is unhealthy in the blank space.

1. I don't like vegetables, I hardly ever eat them _____
2. Sometimes mom makes me drink some milk in the evenings _____
3. I don't drink soda every day but I do it like four times a week _____
4. I drink orange juice or water _____
5. I spend five hours on my computer _____
6. Twice a week I play football in the park with my older brother and his friend. _____

c) Underline the advice that best fits the situation of each character.

Example:

 Chihiro gets too tired when running or walking	<u>She should eat more vegetables to have more energy</u>/ She should stay in bed all day
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 Shoyo wants to have more energy to jump when playing volleyball	He should eat more vegetables/ He shouldn't drink milk in the morning
 Izuku wants to decrease the number of hours he plays video games	He should set an alarm on / He should play one more hour



Zenitsu wants to sleep at least 8 hours every day

He shouldn't go to bed early/ he shouldn't go to bed at 12 am



Sasuke feels so stressed and he doesn't know what to do feel relaxed

He shouldn't eat hamburgers/ he should meditate