

EOW4 - Unit 1. Feeling Fit

VOCABULARY 1 & LISTENING 1

Date

Activity 1. Read. Circle the correct answer A, B or C.

1. It is a hard part. It is inside your body. What is it?
 - A. elbow
 - B. bone
 - C. knee
2. There are five of them on each of your foot. They are usually small and short. What are they?
 - A. toes
 - B. fingers
 - C. legs
3. They are on sides of your head. You use them to hear. What are they?
 - A. toes
 - B. eyes
 - C. ears
4. They are long and thin. They stick out from your hands. What are they?
 - A. fingers
 - B. toes
 - C. arms
5. They're the body parts between your arms and your neck. What are they?
 - A. knees
 - B. shoulders
 - C. elbows
6. This body part is opposite to the front. It is below your shoulders. What is it?
 - A. back
 - B. face
 - C. head

REVIEW 1

Date

Activity 1. Read. Fill in the blanks with the words in the box.

shoulders

elbows

muscles

toes

back

fingers

stomach

bones

1. There was tomato sauce all over my _____. I had to go to the bathroom to wash my hands.
2. He plays many sports at school, so he has strong _____ on his arms and legs.
3. I often wear socks to keep my _____ warm in the winter.
4. Rest your head on my _____ if you feel tired. The ride to the camping site can be quite long.
5. Sleeping on a bed that is too soft can be bad for your _____. You may feel uncomfortable when you wake up in the morning.
6. The child was so thin that you can see her _____ sticking out.
7. It is not a good idea to play sports when your _____ is full. You should eat a full meal two to three hours before working out.
8. All students have to sit with their _____ on the table when their teacher is talking.

VOCABULARY 2 & READING VOCABULARY

Activity 1. Read. Circle the correct answer A, B, or C. (TF)

0. My cat is hungry. I have to

_____.

A. give it a bath

☒ B. feed it

C. play with it

3. I am strong and healthy. I always

get up early and _____.

A. eat junk food

B. get exercise

C. eat pizza

1. He is too fat because he often

eats _____.

A. fruit

B. vegetables

C. junk food

4. I am very tired after a long day. I

sit down and _____.

A. get rest

B. eat exercise

C. eat junk food

2. She likes _____, such as

carrots, potatoes and beans.

A. hamburger

B. vegetables

C. junk food

5. You should eat more _____ and

drink more water in summer.

A. candy

B. fruit

C. junk food

Activity 2. Look. Write the correct words.

record

do homework

air

pretend

a screen

a camera

0. do homework



3. _____



1. _____



4. _____



2. _____



5. _____

