Name:

Ex1.Find the word which doesn't belong to each group.

1. A. temperature	B. toothache	C. earache	D. earrings
2. A. lemonade	B. orange juice	C. vitamin	D. milkshake
3. A. eating	B. walking	C. jogging	D. running
4. A. vegetable	B. allergy	C. fruit	D. junk food
5. A. itchy	B. weak	C. weight	D. healthy
6. A. good	B. tired	C. comfortable	D. relaxed
7. A. swimming	B. watching	C. reading	D. listening
8. A. volleyball	B. running nose	C. baseball	D. swimming
9. A. flu	B. cold	C. fever	D. necklace
10. A. fit	B. toothache	C. healthy	D. strong

Ex2: Choose the best options to complete the sentences.

1. My sister has an ..... to sunflowers so I don't arrange them in the house.

   A. earache B.allergy

   C. itchy D.backache

2. Don't eat much ..... because it may cause .....

   A. diet – sickness B. vegetarian – obesity

   C. fruits – spot D. junk food – obesity

3. Drink more water when you have a .....

   A. sneeze B. temperature

   C. sickness D. toothache

4. Some people suffer from ..... after losing their jobs.

   A. depression B. allergy

   C. spot D. weak

5. The smoke or dirt can make us .....

   A. sunburnt B. toothache

   C. sneeze D. runny nose

6. I often feel ..... whenever I touch cats so I always stay away from them.

   A. obesity B. sickness

   C. sunburn D. itchy

LIVEWORKSHEETS

7. Eating too much can also cause a .....

   A. sore throat B. stomachache

   C. weak D. earache

8. My throat hurts a lot when I have .....

   A. an cough B. cough

   C. a cough D. All are correct.

Ex3: Read and answer the questions.

HEALTHY DIET

There are two important matters in eating. First is eating enough food. If people eat too little food or wrong food, they will not have enough energy. If they eat too much, they are easy to get overweight. Secondly is eating right food. It means we need to eat correct quantity of each type of food. For example, it is not good to eat too much food in high-calories group and too little fresh and vegetable. So, how do we have a right and balance diet?Firstly, we need to reduce the amount of high-calories food. Fat in that type of food may lead you to heart disease.Secondly, you also should not eat too much sugar. You can completely get energy from other food. Eating sugar is bad for your teeth.Thirdly, it is good to have a rich-fibre diet. We can find fibre from rice, bread, etc. It is nutrients. It can give you lots of energy, but it does not contain much calories, so you are not afraid of getting overweight when you eat much fibre.

1. How many important matters do we need to care in eating?

   .....

2. What will happen if we do not eat enough food?

   .....

3. What will happen if we eat too much food?

   .....

4. What type of food may lead us to heart disease?

   .....

5. How often do you have fast food?

   .....

6. What stress do you often have?

   .....

LIVEWORKSHEETS