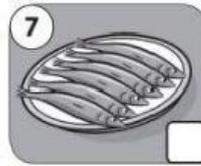
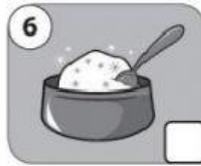
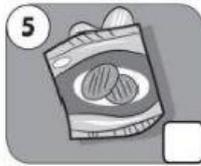
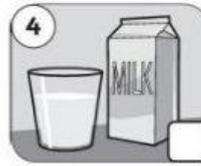
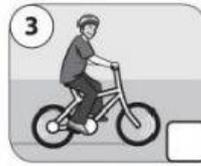
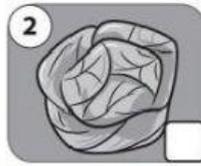


# Unit 12: What's the matter?

## Lessons 5+6

### 1. Match the words with the pictures



- a fit
- b energy
- c healthy
- d crisps
- e sugar
- f calcium
- g cabbage
- h sardines

### 2. Write, use the words above

- 1 People who exercise every day want to be fit.
- 2 sardines are a type of fish that have a lot of calcium.
- 3 To be fit, you have to eat a good diet and drink lots of water.
- 4 crisps are made from potatoes. They have a lot of salt and fat.
- 5 When you can do things without getting tired, you've got lots of energy.
- 6 Chocolate and sweets have got a lot of sugar.
- 7 A cabbage is a big, round vegetable.
- 8 You need calcium to help your bones grow.

### 3. Read the classbook. Answer the questions

- 1 What exercise can you do if you don't like team sports?  
You can walk to school, go swimming or go skating.
- 2 What types of food contain too much sugar?  
\_\_\_\_\_
- 3 Which drinks are healthy?  
\_\_\_\_\_
- 4 Which drink has lots of sugar?  
\_\_\_\_\_
- 5 Which has more calcium: yogurt or cabbage?  
\_\_\_\_\_



1. Complete the sentences with "so" and "because"

I don't want to eat too much sugar    I didn't go to school    I missed the school bus  
~~I don't want to be tired at school~~    I want to be fit    it has got a lot of calcium

- 1 I always go to bed early because I don't want to be tired at school .
- 2 I was ill yesterday \_\_\_\_\_ .
- 3 I drink milk with my breakfast \_\_\_\_\_ .
- 4 I go to my dance class \_\_\_\_\_ .
- 5 I woke up late yesterday \_\_\_\_\_ .
- 6 I only eat chocolate once a week \_\_\_\_\_ .

2. Read the leaflet and circle "so" and "because"

## Don't catch a cold!

**It's horrible to have a cold. You sneeze and cough. Your nose runs and you can feel very tired or have a headache.**



### What can you do to stop getting a cold?

- ◆ Fresh air helps, so open windows and go for walks outside.
- ◆ Wash your hands often because hands which are not clean can spread colds.
- ◆ Eat a healthy diet to keep your body strong. Fruit is especially important and scientists think oranges can help because they have a lot of vitamin C.
- ◆ Get lots of sleep, because when you are tired you can get ill more easily.

### If you are unlucky and do get a cold, what can you do to avoid giving it to others?

- ◆ Colds are passed on through the air, so don't cough or sneeze near other people's faces.
- ◆ Use tissues when you blow your nose or sneeze. Then put the tissue in the bin and wash your hands.
- ◆ Don't share cups because you can pass on a cold this way too.

