



Comment

UNIT 5: Busy Students

Lesson 4: Your Health (p50+51)



- ♦ **Vocabulary:** (p50) 1. successful 2. exercise 3. possible
4. balanced meal 5. habit 6. early
- ♦ **Structures:** (p50+51)
1. How often do you go for a walk? – I go for a walk twice a week.
- ♦ **Workbook:** (p50+51)

I. Drag the words to the right column.

floss your teeth fruit go for a walk go to bed early
ride a bike take a shower vegetables do gym fish



| Exercise | Eat good foods | Healthy habits |
|----------|----------------|----------------|
| | | |
| | | |
| | | |

II. Read the text “Your Health” in the Student Book (p50) again. Write the missing words to complete the sentences about the story. You can use 1, 2 or 3 words.



- Students usually have a lot of
- To be a student, you need to stay healthy.
- Try to get some once or twice a day.
- When, go for a walk or ride your bike to school.
- It's important to eat three times a day.
- Eating is good for you, too.
- Be sure to eat enough
- Healthy are important.
- Take a shower often and go to bed

III. Look at the chart and write.

| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-------------------|--------|--------|---------|-----------|----------|--------|----------|
|  | play tennis | | | X | | | | |
| | eat healthy meals | X | X | X | X | X | X | X |
|  | go for a walk | X | X | | | X | | |
| | go swimming | | | X | | | X | |

1. How often does he go for a walk?

- three times a week.

2. How often does she.....?

- She plays tennis once a week.

3. go swimming?

- He goes swimming

4. How often meals?

-

IV. Read the text and circle the best word.

Do you want (1) fitter and healthier? Would you like to look (2)? Do you want to feel more relaxed? Then try a few days (3) a health farm. Health farms are becoming one of the most popular places for a short break. Henry Manor is (4) health farm in the country (5) it isn't the most expensive. The best thing there (6) the food. It is all very healthy, of course, but it is excellent, too! If you are looking for something a bit cheaper, try a winter break. Winter is the darkest and (7) time of the year, and it can also be the worst time for your body. We all eat too (8) and we don't (9) enough exercise. A lot of health farms offer lower prices from Monday to Friday, (10) November to March.

- | | | | |
|-------------|--------------|-----------------|-----------------|
| 1. A. being | B. to be | C. be | D. all a, b, c |
| 2. A. young | B. younger | C. younger than | D. the youngest |
| 3. A. on | B. from | C. at | D. in |
| 4. A. large | B. the large | C. larger | D. the largest |
| 5. A. but | B. so | C. and | D. also |
| 6. A. be | B. is | C. are | D. being |
| 7. A. cold | B. colder | C. coldest | D. the cold |
| 8. A. many | B. few | C. much | D. a lot |
| 9. A. take | B. taking | C. to take | D. for taking |
| 10. A. in | B. from | C. at | D. on |