

# DO ONE THING TO GET FIT AND HEALTHY!

Health and fitness expert Dr Michael Mosley has a new book on the market. It is called 'Just One Thing'. In this book, he says you can get fit and healthy without making many changes. He



says you have to do only one thing a day to improve. Here is some of his advice. One easy exercise you can do is to stand on one leg and balance for as long as you can. Go on, try it now! Then swap legs. Next, do the same thing, but - close your eyes! When you go for a walk, walk faster, really feel your heart beating. Always walk up and down stairs, never take the lift or the escalator. Have your breakfast later. It is better if you go for a walk before your breakfast. As you

prepare your breakfast, dance to music. Do not eat late at night. The longer your daily fast, the better. Eating only within an eight-hour window is best, but a twelve hour fast is also good. There are many 'super foods', including beetroot. Beetroot is excellent for all-round health. Make your shopping trip into an exercise! You can lift your shopping bags up and down like weights. This will make your muscles stronger. By making small changes to our lifestyle, we can get fitter and healthier.



Say if the statements are true or false and then answer the questions in full sentences:

1. Dr Michael Mosley is an expert. **t/f**
  2. He has a new book out. **t/f**
  3. He says you must do many things to improve your health. **t/f**
  4. Standing on one leg is a bad idea. **t/f**
  5. You should always take the lift. **t/f**
  6. You should go for a walk after breakfast. **t/f**
  7. You should eat every two hours. **t/f**
  8. You must ask someone else to carry your shopping. **t/f**
1. Who has a new book out? \_\_\_\_\_
  2. What is an easy exercise you can do?  
\_\_\_\_\_
  3. How can you make your breakfast a healthy experience? \_\_\_\_\_
  4. When should you eat? \_\_\_\_\_
  5. How can you turn your shopping into an exercise? \_\_\_\_\_

Flo is having a healthy breakfast! Have a look and say if the statements are TRUE or FALSE:



1. She is in her bedroom. **t/f**
2. It is 6:30 in the evening. **t/f**
3. She is drinking a smoothie through a straw. **t/f**
4. There is a plate of eggs on the table. **t/f**
5. The coffee pot is under the clock. **t/f**
6. There is a bowl of beetroot by the window. **t/f**
7. She has an Alexa machine. **t/f**
8. It's a cold, rainy morning. **t/f**
9. She is dancing to the music. **t/f**

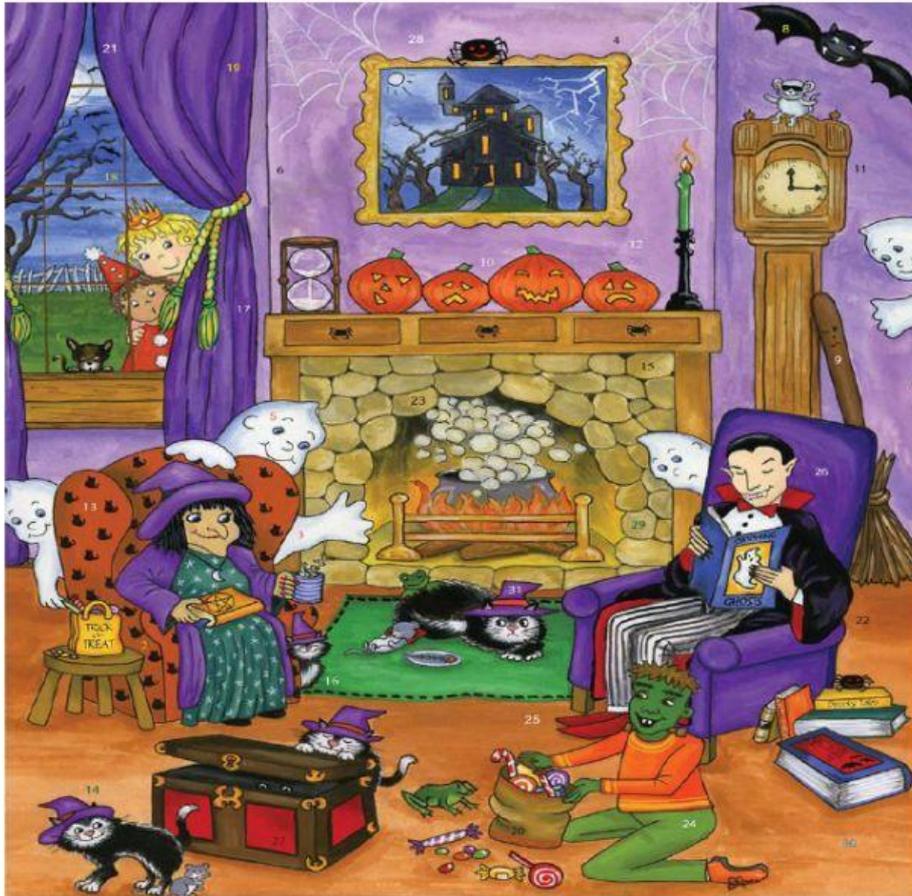
# BONFIRE NIGHT PICTURE DESCRIPTION



It is Bonfire Night/Guy Fawkes Night in the United Kingdom on November 5<sup>th</sup>. People build a bonfire, let off fireworks, organise games and eat fun food like hotdogs, burgers and baked potatoes. Let's describe the picture by saying if the statements are **TRUE** or **FALSE**.

1. It is daytime. **T/F**
2. On the left of the picture, there is a van selling fish and chips. **T/F**
3. The bonfire is on the village green. **T/F**
4. There are many fireworks in the sky. They are lighting up the sky. **T/F**
5. The sun is shining through the clouds. **T/F**
6. In the foreground, there are six children warming their hands on the bonfire. **T/F**
7. In the foreground, in the middle, there is a man who is wearing a cap and holding a walking stick. **T/F**
8. On the left of the picture, there is a child riding his horse. **T/F**
9. On the right, there is a teepee. **T/F**
10. In most of the houses, the lights are on. **T/F**
11. Some children are playing Cowboys and Indians. **T/F**
12. The children are playing with toy guns. **T/F**
13. A little girl is buying an ice cream from the van. **T/F**
14. In the middle, in the background, a man is playing a violin. **T/F**
15. In front of a house with an open door, there is a table with cakes. **T/F**

# Good Friends at Halloween



## True or false?

1. There are four pumpkins on the mantelpiece.
2. There is a ghost behind the vampire's chair.
3. It is sunny outside.
4. There is a picture of a school above the fireplace.
5. There are six cats.
6. Rowena is smiling.
7. The broomstick is beside the grandfather clock.
8. There is a dog in front of the fire.
9. A ghost is taking a candy stick from the trick or treat bag.

Good Witch Rowena is with her friends. It is October 31<sup>st</sup>, Halloween! Read about them, look at the picture and then answer the questions.

Rowena and her friends are in the living room. It is quarter past midnight. Rowena's best friend is Luca the Vampire. He is reading a book about ghosts. Rowena is drinking a cup of tea. Two children are looking through the window. Rowena's nephew Greeny is preparing a bag of sweeties. They are waiting for children who come trick or treating. Rowena has lots of pets - cats, bats, frogs and spiders. They are helping tonight. They all feel very excited because it is Halloween. There are some little ghosts in the room. They are very playful and they are hiding because they love to play 'hide and seek'. There is a cauldron on the fire. Rowena is making a special magic brew. She is a good witch who likes to help everyone.

1. Where are Rowena and her friends?
2. What time is it?
3. Who is her best friend?
4. What is he doing?
5. What is Rowena doing?
6. Who is looking through the window?
7. Who is Greeny?
8. Why is Greeny making up a bag of sweeties?
9. What pets has Rowena?
10. How do they all feel - and why?
11. Why are the ghosts hiding?
12. Where is the cauldron?
13. What kind of a witch is Rowena?

Do you like Halloween? Do you celebrate it? What do you know about Halloween?