

1. Look and write



2. Read and write the words.

1. a pain you feel inside your head _____
2. a condition in which the body temperature is higher than usual _____
3. a healthcare facility for outpatient care. _____
4. an injury made when the skin is cut with something sharp _____
5. a condition in which your throat is red and feels painful _____
6. a pain in one of your teeth _____

3. Write the irregular plurals.



one foot

two feet

one tooth

lots of _____

one child

two _____

one fish

lots of _____

one man

three _____

one sheep

two _____

one woman

two _____

4. Listen and choose the correct answer.

1 What colour are your eyes?



2 Do you wear glasses?

yes

no

3 How many grown-up teeth have you got?

3

8

9

11

5. Complete the sentences. Then read & write the letters



- His arms _____.
- His ear _____.
- His feet _____.
- His back _____.

6. Listen and tick the box. There is one example.

What was the matter with Fred yesterday?



1 Which doctor did he see at the hospital?



2 What did he have for dinner?



3 What present did his friend bring?



4 Who took Fred home?



7. Listen and read along.

How to be

HEALTHY!

How often do you get ill? Do you get the flu, coughs or sore throats? What about a headache or earache? Find out how to stay healthy without medicine!

Get enough sleep!

Drink lots of water!

Do some exercise every day!

It's important to be active!

- ✓ Your body needs to exercise to help it grow strong.
- ✓ You should play outside more. Fresh air is good for you!
- ✗ You shouldn't sit for more than an hour in front of a TV or a computer. It's bad for your eyes and your body!



Make sure you rest!

- ✓ It's important to get enough sleep every night. Your body grows the most when you're resting.
- ✓ Reading a book before you go to sleep can help you to relax.
- ✗ Don't play games on your tablet or phone before you go to bed because it will keep you awake.

Don't forget to eat well!

- ✓ Food gives you energy. You should eat a healthy breakfast, lunch and dinner. Also, try to eat healthy snacks.
- ✓ Always sit down when you eat and remember to eat slowly.
- ✗ Don't have too much sugar. Fizzy drinks, cakes and sweets can make you ill.



Read and write T (True), F (False), or NI (No Information)

	T	F	NI
1 Swimming is better for you than playing football.			✓
2 Playing outside is better for you than playing on the computer.			
3 Your body grows the most when you are exercising.			
4 It's important to sleep with a window open.			
5 You should eat three meals every day.			

Answer the questions.

1. Why should you play outside? Because _____
2. When does your body grow the most? It grows _____
3. Why should we eat well? Because _____

8. Read and complete the sentences.

medicine healthy active ill rest exercise

1. Fresh air, eating well and sleeping nine hours helps you stay _____ .
2. If you don't feel well, it's a good idea to _____ .
3. If you eat bad food and don't exercise, you get _____ .
4. You go to the chemist's to buy _____ .
5. My mum's very _____ . She goes running every day.
6. People who _____ every day feel good.

9. Rearrange the words to make questions.

1. you? / fresh / Why / good / is / air / for

2. important / Why / slowly? / to / it / eat / is

3. sugar / there / Is / a / lot / of / drinks? / fizzy / in

4. playing / Why / keep / games / awake? / will / you
