

## HOMEWORK UNIT 2 – 1

### Exercise 1: Match the pictures to the correct words

boating	suncream	lunch box	sunburn	cycling
				

### Exercise 2: Read the conversation and complete each sentence

**Mi:** This is a nice picture, Mark.

**Mark:** That's my dad and I boating at Yen So Park.

**Mi:** I also see a lot of people exercising there.

**Mark:** Yes, it's a popular place for people in my neighbourhood.

**Mi:** Outdoor activities are good for our health. My family often goes cycling in the countryside. It's quiet, and there's a lot of fresh air.

**Mark:** It sounds interesting.

**Mi:** Yes, it's lots of fun. We also bring fruit, water, and a lunch box with us.

**Mark:** I'd love to join you next time.

**Mi:** Sure. Bring along a hat and suncream.

**Mark:** Why suncream?

**Mi:** It's really hot and sunny at noon, so you might get sunburn.

**Mark:** I see.

1. In the picture, Mark and his father are \_\_\_\_\_.
2. The people in Mark's neighbourhood love to go to the \_\_\_\_\_.
3. Mi's family often goes cycling in the \_\_\_\_\_.
4. - I don't want to get sunburn.  
- Wear a hat and use \_\_\_\_\_.
5. Activities like running and cycling are good for our \_\_\_\_\_.



### Exercise 3: Tick the simple sentences

1. The Japanese eat a lot of tofu.
2. She drinks lemonade every morning.
3. I don't eat fast food, and I don't drink soft drinks.
4. I am fit.
5. I like fish, but my sister likes meat.

**Exercise 4: Match the phrases on the left with the correct picture on the right**

dim light



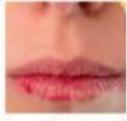
lip balm



chapped lips



coloured vegetables



red spots



**Exercise 6: Complete the sentences with the correct words and phrases below**

skin condition      soft drinks  
coloured vegetables      sunburn      fit

1. - Please name some \_\_\_\_\_.  
- Carrots and tomatoes.
2. \_\_\_\_\_ are not good for your health.
3. My parents go cycling every Sunday. It keeps them \_\_\_\_\_.
4. The weather may affect our \_\_\_\_\_.
5. - How do we get \_\_\_\_\_?  
- When we spend a long time in the sun without a hat or suncream.

**Exercise 5: Complete the sentences with the correct words and phrases below**

skin condition      soft drinks  
coloured vegetables      sunburn      fit

1. - Please name some \_\_\_\_\_.  
- Carrots and tomatoes.
2. \_\_\_\_\_ are not good for your health.
3. My parents go cycling every Sunday. It keeps them \_\_\_\_\_.
4. The weather may affect our \_\_\_\_\_.
5. - How do we get \_\_\_\_\_?  
- When we spend a long time in the sun without a hat or suncream.

**Exercise 7: Tick each activity in the table as H (Healthy) or U (Unhealthy)**

	H	U
1. washing your hands often		
2. reading in dim light		
3. eating tofu and coloured vegetables		
4. brushing your teeth twice a day		
5. touching your face with dirty hands		

**Exercise 8: Rearrange the words and phrases to make simple sentences**

1. soft drinks / never / my sister / drinks / .

\_\_\_\_\_

2. affects / acne / 80% of young people / .

\_\_\_\_\_

3. has / he / for breakfast / bread and eggs / .

\_\_\_\_\_

4. don't eat / we / much fast food / .

\_\_\_\_\_

5. a lot of vitamins / fruit and vegetables / have / .

\_\_\_\_\_

**Exercise 9: Write the complete sentences. You may have to change the words or add some.**

1. tofu / be / healthy.

\_\_\_\_\_

2. many Vietnamese / drink / green tea.

\_\_\_\_\_

3. she / not / use / suncream.

\_\_\_\_\_

4. father / not / exercise / every morning.

\_\_\_\_\_

5. most children / have / chapped lips and skin / winter.

\_\_\_\_\_

**Exercise 10: Write a simple sentence from the two given sentences.**

0. Many people are running. Many people are exercising.  
→ *Many people are running and exercising.*

1. We avoid sweetened food. We avoid soft drinks.  
→ We avoid \_\_\_\_\_

2. My dad loves outdoor activities. I love outdoor activities.  
→ My \_\_\_\_\_ love outdoor activities.

3. You should wear a hat. You should wear suncream.  
→ You should wear \_\_\_\_\_

4. My mother read the health tips. My mother downloaded the health tips.  
→ My mother \_\_\_\_\_