

1 Circle the word with the underlined part pronounced differently. Then practise saying them aloud.

1. A. cough

B. enough

C. through

D. laugh

2. A. dolphin

B. uphill

C. earphone

D. alphabet

3. A. night

B. tough

C. flight

D. high

4. A. ate

B. about

C. amazing

D. above

5. A. learn

B. early

C. earth

D. hear

1 Write a word or phrase from the box under its correct picture.

rubbish
snack

fast food
house cleaning

fresh vegetables
outdoor activity



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____

3 Complete the sentences with the words and phrases below.

tofu
weight

fit
harms

chapped lips
bins

1. Doing housework is a kind of exercise. It helps keep you _____.
2. Some of a vegetarian's main foods are _____ and vegetables.
3. Physical activities like running help you lose _____.
4. There should be more _____ in public places.
5. Reading in dim light _____ your eyes.
6. Cold weather causes _____ and skin.

4 Write a correct word or phrase that describes each group of words.

taking a bath

soft drinks

house cleaning

cycling

fast food

acne

Key words

Example: clean water, shower gel, clean towel

1. fried chicken and chips, chain restaurants, popular
2. bike, helmet, shoes, path
3. sweetened drinks with a lot of gas
4. black and white pimples on your body, especially on your face
5. dustpan, broom, water, floor cleaner

taking a bath

5 Rearrange the words and phrases to make simple sentences.

1. a lot of / We / to prevent / garlic / eat / the flu / .

2. do not / have much stress / in the countryside / People / .

3. your / eyedrops / tired eyes / You / for / can use / .

4. my country / Green tea / in / a popular drink / is / .

5. keep you / and active / Physical activities / strong / help / .

6 Read and decide if the underlined parts are the subject (S), verb (V), object (O), or adverb (ADV) of the sentences.

Example:

I do not eat much red meat.

S V O

1. She washes her face twice a day.

2. Asian diets contain a lot of vegetables.

3. My sister uses a lot of suncream in summer.

4. He likes cycling in the park.

5. My mother cooks food with very little cooking oil.

1 Work in pairs. Discuss the tips below. Tick (✓) the tips you think are good for your health and cross (x) the ones that are not.

- 1. Don't hate people.
- 2. Skip breakfast to lose weight.
- 3. Exercise every day.
- 4. Eat until you feel 100% full.
- 5. Take a bath once a day.
- 6. Have a balanced diet for a long life.
- 7. Change your pillow cover once a month.
- 8. Keep warm in winter.

1 Write complete sentences from the prompts.

1. Please / eye exercises / keep / eyes / getting dry.

2. People / Iceland / eat / lot / fresh fish.

3. Air pollution / be / really harmful / our health.

4. Going to bed / getting up / early / be / good / your health.

5. Healthy food / love / laughter / bring / healthy life.

- 1** Read the health tips and complete each statement (1 – 6) with one word from the text.

HEALTH TIPS

- a. Eat less salt and sugar. They put us at the risk of heart disease.
- b. Drink enough water, about one and a half litres a day. Make sure that the water you are drinking is safe. Unsafe water can lead to many kinds of diseases.
- c. Do more physical activities like sport and housework. It helps keep you fit and active.
- d. Reduce sitting and screen time. Stand up every hour and do some simple exercise or walk around. Exercise your eyes too.
- e. Get seven to eight hours of good sleep each night. This helps both your mind and body work well.
- f. Handwash regularly with soap and water. Clean hands help prevent the spread of some diseases.

Statements

1. Eating a lot of salt or sugar can lead to _____ disease.
2. Drink only _____ water.
3. Doing housework is also a type of _____ activity.
4. Stand up every hour and do some _____ to reduce sitting time.
5. Your mind works well if you get enough good _____.
6. _____ regularly to prevent some diseases.

2**Choose the correct answer A, B, or C to fill in each blank in the following passage.**

My grandparents live in the countryside, and they have a big garden. They spend a lot of time working in it. When I visit them in summer, I often join them in the garden, and they teach me a lot of things about (1) _____.

Vegetables come in different shapes, sizes, and (2) _____. They also grow differently as well. Carrots and potatoes grow (3) _____ the ground. We can't see them. Some kinds of beans (4) _____ a high net to grow. Cabbages and cauliflower grow above the ground. My grandfather says that coloured vegetables are very good for health (5) _____ they provide a lot of natural vitamins. White cauliflower is (6) _____ in vitamin C. Orange carrots and red tomatoes contain vitamin A. (7) _____ have vitamins A, B, C, and E. My grandfather also says that gardening is a good way of (8) _____. It helps him keep fit and strong.

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|---------------|---------------|---------------|
| 1. A. health | B. vegetables | C. exercise |
| 2. A. colours | B. prices | C. weight |
| 3. A. above | B. on | C. under |
| 4. A. need | B. provide | C. have |
| 5. A. and | B. because | C. so |
| 6. A. rich | B. poor | C. low |
| 7. A. Chicken | B. Fish | C. Pumpkins |
| 8. A. resting | B. relaxing | C. exercising |

3 Read the passage and choose the correct answer A, B, or C.

In 2019, Spain was the healthiest country in the world. The secret is their Mediterranean diet. This diet focuses on healthy fats and proteins. This includes cold tomato soup, plenty of seafood (especially fish), and veggies. Spanish people say that they have some of the most delicious salads in the world. Due to the Mediterranean diet, the Spanish suffer from fewer diseases than the rest of the world.

Physical health is important, but mental health is important too. Eight out of ten Spanish people are happy. Why? A major reason is the weather. Spain has beautiful weather all year round. Another reason is that Spain is home to a lively and relaxing culture. The Spanish enjoy the simple pleasures of life.

1. In 2019, Spain was number _____ in health.
A. one B. two C. ten
2. The Mediterranean diet includes _____.
A. lots of vegetables B. red meat C. potato soup
3. Spanish people _____.
A. have more diseases than the rest of the world
B. have fewer diseases than the rest of the world
C. do not have diseases
4. Beautiful _____ makes the Spanish happy.
A. beaches B. houses C. weather
5. The Spanish enjoy _____.
A. good food B. simple pleasures C. good education