

1) Write the correct answer.

They \_\_\_\_\_ their parent a gift to celebrate their anniversary.

should send

send should

He \_\_\_\_\_ more attention to what the teacher says.

should pays

should pay

We \_\_\_\_\_ an inexperienced waiter for the restaurant.

shouldn't hire

not should hire

I think you \_\_\_\_\_ disrespect your parents; they love you very much.

should

shouldn't

2) Mark the correct answers. "ONLY THE CORRECT ONES"

- I 'm running to be fit and healthy.
- He went to the supermarket to buy fruit.
- He went supermarket buy fruit.
- I 'm running fit and healthy.

3) Complete the sentences according to the pictures.



• I've got a \_\_\_\_\_.



• I've got a \_\_\_\_\_.



• I've got a \_\_\_\_\_.



• I feel \_\_\_\_\_.

4) Match

earache stomach-ache headache toothache rash cough sore throat Cold



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

Listen and Read, then answer the questions.

# TOP 5 TIPS ON HOW TO STAY HEALTHY!

**1 Eat well, feel well!**

If you want to be healthy, eat a balanced diet! You should eat at least five portions of fruit and vegetables every day to stay healthy. You shouldn't eat a lot of junk food.

**2 Get out and about!**

Get moving to stay fit! You should do exercise for 30 minutes a day. Run around in the playground, play a sport, or simply walk quickly to school!

**3 Sleep tight!**

Make sure you get plenty of sleep each night! You should sleep for 9-10 hours each night. Make your bedroom a calm, quiet place and don't keep a phone or tablet by your bed.

**4 Water of life**

We all need water, and drinking water in the day and after exercise gives you energy. Water also helps you get better when you are ill. So, if you've got a headache or a cough, you should drink some water!

**5 Have fun!**

What do you do to relax? Do you do exercise, read a book or watch a film? Or do you meet friends in the park? Whatever you choose, relaxing and having fun are important ways to stay fit and healthy!



5) Choose the correct option.

SHOULD      FIVE      THIRTY      HELPS      NOT

- 1 A balanced diet should have at least  portions of fruit and vegetables a day.
- 2 Walking or doing other exercise for  minutes a day keeps you fit and healthy.
- 3 You should  keep a phone in your bedroom.
- 4 If you're feeling well, you  drink water.
- 5 Relaxing  you stay fit and healthy.

6) Numbered the sentences according to the text.



What can you do to stay fit? You can run in the playground, play a sport or walk to school.



What can you do to relax? You can do exercise, read a book, watch a film, see friends in the park.



How many hours should you sleep every night? Nine to ten hours.



Why is water good for you? Because it gives you energy and helps you get better when you are ill.



What's a balanced diet? It's when you eat at least five portions of fruit and vegetables every day.



7) Write a short email to your English friend Melany:

- Talk about some good habits that you should do
- and those that you shouldn't do to stay fit and healthy.

"Don't forget the guidelines for writing an email"

Use these words: **Should**, **Shouldn't**, **Hello**, **Best regards** and your own ones.

Fill in the gaps \_\_\_\_\_ with your own words. (open answer)

Greetings	→	<input type="text"/>
General Information.	}	I am going to tell you some things that you should do to stay fit and healthy.
		First of all, You <input type="text"/> eat <input type="text"/>
		You <input type="text"/> sleep <input type="text"/>
		Now It's time to tell you bad habits in order to avoid them.
		You <input type="text"/> eat <input type="text"/>
		You <input type="text"/> sleep with <input type="text"/>
		I hope that It will help you a lot.
Farewells	→	<input type="text"/>
Signature	→	<input type="text"/>

8) Listening: Write True or False.

1. Jack is a famous football Player.
2. Jack walks his dog every morning.
3. Jack plays a lot of concerts in the morning.
4. Jack uses his piano to be relaxed.
5. Jack hates watching a movie in the evening