

5 Fit and well

1 Look, sort and write the words.



1 cakb



2 deha



3 hsmcato



4 rea



5 otoht

What's the matter?
My ear **hurts**.
I've **got** an earache.

My back hurts.
I've got a backache.

My _____ hurts.
I've got a _____.

My _____ hurts.
I've got a _____.

My _____ hurts.
I've got an _____.

My _____ hurts.
I've got a _____.

2 Look and match. Write *must*, *mustn't*, *can* or *can't*.

Her foot hurts. She **can't** play football.
You **must go** home now.
She **must do** her homework.
We **mustn't eat** in class.
They **mustn't take off** their coats.

- 1 It's hot. You must drink some water.
- 2 You _____ eat in the library.
- 3 You _____ kick a ball in the house.
- 4 You _____ go to school. It's eight o'clock!
- 5 Sorry, I _____ write. My hand hurts.
- 6 You _____ eat three cakes!



3 Read. Which things must you do? Put ✓ or X.

Giving advice

Preparing for a race

It is important to eat healthy food before the race – you must eat lots of fruit and vegetables. You can eat chocolate when you need energy.

You must drink water when you run. Carry a water bottle.

Wear shorts, a T-shirt and trainers, and wear a cap if it's sunny to avoid headaches.

Before the race, you need to train every day. Train with a friend, and always tell your parents where you are going.

But it is important to rest too, and you mustn't run if your feet or knees hurt.



rest ✓

drink water ____

wear jeans ____

train every day ____

run if your knees hurt ____

wear trainers ____

train with your parents ____

eat fruit and vegetables ____

eat chocolate ____

4 Think of advice for walking in the mountains. Write.

It is important to _____

5 Read and colour.

Basic competences progress

I can ...

- 1 ... name some parts of the body.
- 2 ... say what's wrong with me.
- 3 ... talk about obligation using *must* and *mustn't*.
- 4 ... sing the song and read the story.
- 5 ... say what people need to be healthy.
- 6 ... use the *Kid's Box* CD-ROM.
- 7 ... use my picture dictionary.
- 8 ... review my learning at home using *My Home Booklet*.

