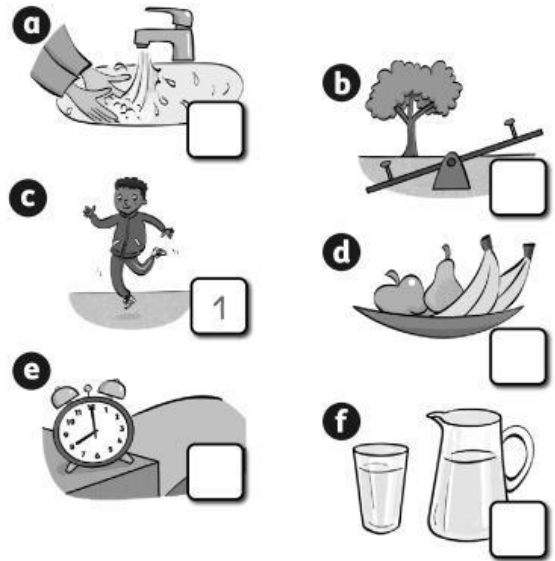


**Lesson 1 Words** Let's talk about staying healthy.**1** Match. Then look and number.

- |           |                |
|-----------|----------------|
| 1 do ●    | ● your hands   |
| 2 eat ●   | ● exercise     |
| 3 play ●  | ● water        |
| 4 drink ● | ● fruit        |
| 5 go ●    | ● to bed early |
| 6 wash ●  | ● outside      |

**Lesson 2 Grammar** Let's talk about how often we do things.**2** Look and write sentences.

**eat vegetables   do exercise   eat ice cream   play outside   go to bed early**

|           |  |  |  |  |
|-----------|--|--|--|--|
| Monday    |  |  |  |  |
| Tuesday   |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday  |  |  |  |  |
| Friday    |  |  |  |  |

- Mia goes to bed early five times a week.
- She \_\_\_\_\_.
- She \_\_\_\_\_.
- She \_\_\_\_\_.
- She \_\_\_\_\_.

**Lesson 3 Words and Grammar**

Let's talk about how we relax.

**3** Look and write sentences.
☒ ☒ ☒ always    ☒ ☒ often    ☒ sometimes    ☒ never
do karate    ~~go fishing~~    play volleyball    do art    go swimming

- 1 ☒  She sometimes goes fishing \_\_\_\_\_.
- 2 ☒  He \_\_\_\_\_.
- 3 ☒ ☒ ☒  They \_\_\_\_\_.
- 4 ☒ ☒  She \_\_\_\_\_.
- 5 ☒  I \_\_\_\_\_.

**Lesson 4 Story**

Let's read about feeling too busy.

**4** Write T (true) or F (false).

- 1 Ben does his homework every day. \_\_\_\_\_
- 2 He plays football once a week. \_\_\_\_\_
- 3 He always goes swimming at the weekend. \_\_\_\_\_
- 4 He goes fishing with his mum. \_\_\_\_\_
- 5 At the end of the story, Ben and his dad relax. \_\_\_\_\_

**Lesson 5 Skills and Culture**

Let's learn about exercise in Brazil and China.

**5** Read and tick ✓.

capoeira



t'ai chi

|                                                      |  |                                     |
|------------------------------------------------------|--|-------------------------------------|
| 1 This sport is very popular in China.               |  | <input checked="" type="checkbox"/> |
| 2 People do this sport on the beach in Brazil.       |  |                                     |
| 3 Older people do this sport in the park.            |  |                                     |
| 4 The players always do slow and careful moves.      |  |                                     |
| 5 The players sometimes do big jumps and high kicks. |  |                                     |