UNIT 2: HEALTHY LIVING

B Speaking

Exercise 2. Reorder the sentences (A-J) to make a logical conversation.

_____ A. What's wrong, Lan?
_____ B. I have some red spots on my face.
_____ C. Do you feel much better? Does the cream work?
_____ D. This morning. I went to the bathroom to wash my face, and I saw them.
_____ E. My mum gave me a tube of soothing cream, and I put some on these spots
_____ F. I think you should call your mum and go to see the doctor. Let me know when you get home.
_____ G. Oh! When did you have them?
_____ H. I don't think so. There are more spots now on my face and even my neck.
_____ I. Did you take any medicines?
_____ J. Okay. I'll call you then.

Exercise 3. Complete the conversation, using the sentences (a - e) to fill in the blanks (1-5).

a. What should I have for breakfast?
b. What else is important?
c. Do you often skip your breakfast?
d. Can I have some frozen foods?
e. Breakfast is the most important meal of a day

Nam: I usually feel tired and sleepy in the morning.
Mr Hung: **(1)** _____
Nam: I get up quite late, so I don't have enough time to eat breakfast.
Mr Hung: You shouldn't do that. **(2)** _____. It helps you to focus and study better.
Nam: I will try not to skip it. **(3)** _____
Mr Hung: You should eat bread, eggs, or cereal. If you don't have much time, drink some milk or have a snack bar.
Nam: **(4)** _____
Mr Hung: It's okay. Just make sure you eat something before class. And remember to have enough sleep, about 7 - 8 a day.

LIVEWORKSHEETS

Nam: (5) _____

Mr Hung: You need to get some exercise every day. You can walk to school or do a sport.

Nam: OK, I will. Thanks for your advice.

C Reading

Exercise 1. Choose the word which best fits each gap.

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) _____ three meals helps take-off weight more efficiently than (6) _____ breakfast and having two larger meals a day does.

1.	A. healthy	B. tasty	C. main	D. most
2.	A. strength	B. power	C. energy	D. effort
3.	A. able	B. enable	C. unable	D. capable
4.	A. lose	B. put	C. gain	D. drop
5.	A. in	B. into	C. up	D. for
6.	A. skipping	B. making	C. buying	D. serving

Exercise 2. Read the following passage and circle the letter A, B, C, or D to indicate the correct answer to each of the questions.

WE ALL NEED EXERCISE

The body needs exercise. Exercise uses up food and keeps the body strong. It makes your heart and muscles strong. Exercise also makes you feel good. If you exercise a few times a week, you will stay healthy and happy.

Some people in America do not get enough exercise. They work in office buildings sitting in a chair all day in front of computers. They live far from their offices, and they have to drive their cars to get to work. Therefore, when they get home at night, they don't want to exercise after work.

Today, many Americans are overweight. This causes health problems for some people. Doctors say that exercise can help people both lose weight and improve their health. So, many people are trying to get more exercise. But it takes time to change, and when people do not see a difference right away, they **lose interest** in exercising.

1. The writer says that exercise_____.

A. only makes your muscles strong.

LIVEWORKSHEETS

B. send blood to your muscle.

C. is only done in a gym.

D. makes your heart work hard to send blood to your muscles.

2. The writer mentions that in America, _____.

A. many people spend much time driving to work.

B. most office workers can get a lot of exercise.

C. many people are overweight because they don't get enough exercise.

D. Americans don't like doing exercise.

3. Why don't the Americans get enough exercise?

A. They find it difficult to exercise.

B. They don't have enough time to exercise.

C. They feel tired of exercising.

D. They don't want to lose weight.

4. According to the reading, which fact is NOT TRUE?

A. Exercise makes you feel good.

B. Some people do not get enough exercise.

C. Many people have to drive their cars to work.

D. Many people don't want to get exercise after work because they are lazy.

Exercise 3. Read the text and tick (✓) the correct box.

 Mike	I don't like vegetables. I like pizza, chips, and hot dogs for lunch. I don't eat fish at all. I don't like soft drinks. Sometimes my mum makes me drink some milk or juice. I walk to school every day. I go swimming three times a week. I also ride my bike in the park at weekends.
 Rose	I eat a lot of fruit and vegetables to stay healthy. I usually have chicken with rice and salad for lunch. I also drink lots of milk because it keeps my teeth won and bones strong. I don't like water very much, so I often drink soft drinks. I can't ride a bike, so my mum drives me to school every day. I go jogging twice a week in the park nearby.

Who……?	**Mike**	**Rose**
1. eats more healthy foods		
2. doesn't drink soft drinks		
3. goes cycling in the park at weekends		
4. doesn't go to school on foot		
5. does more sports		

LIVEWORKSHEETS

D Writing

Exercise 1. Reorder the words and phrases to make sentences.

1. eating/ My grandmother / tofu/ likes/.
   → _____
2. us / vitamins / Coloured vegetables / a lot of / provide /.
   → _____
3. regularly / John/ does / stay healthy / karate / to/.
   → _____
4. there / Are / protein / much / in / and fish / meat /?
   → _____
5. on / causes / Acne / usually / the face / small, red spots /.
   → _____
6. acne /You / to go to bed /early/ should / avoid /.
   → _____

Exercise 2. Reorder the words and phrases to make meaningful sentences in a paragraph about how to avoid viruses.

1. can/You/do/things/ to avoid / viruses / many/.
   → _____
2. keep/clean / always / First, / your surroundings/.
   → _____
3. every/day/You/clean/can/sweep and/house/your/.
   → _____
4. your / often /with/soap/Moreover, / wash/hands/.
   → _____
5. two litres / Drink/eat/more/water/of/ a day/coloured / and/vegetables /.
   → _____
6. three / times / a week / Exercise/to/have/good/ at /health/least/.
   → _____
7. remember/Always/wear/to/a mask / when / go out/you/. day.
   → _____

--- THE END ---

LIVEWORKSHEETS