

Reading

- 1 Look at the text and pictures below. Say three ways to stay healthy.
- 2 Listen and read.  99

How to stay healthy

We all want to be fit and healthy, so here are some tips to help.

Take lots of exercise

Watching TV or playing computer games won't make you fit, but playing sports will. You can join a club or play with your friends in a park. If you don't like team sports, you can walk to school, go swimming or try skating instead. Regular exercise makes you feel stronger and gives you more energy.

Eat a healthy diet

Sweets, chocolate and crisps are fun to eat sometimes, but it is not good to eat them every day. These foods contain too much sugar, fat or salt. Make sure you eat vegetables, such as cabbage, with every meal, and plenty of fruit, too. Fruit and vegetables help you stay healthy and grow strong.

Drink lots of water and milk

Water or juices are better for you than fizzy drinks because fizzy drinks contain lots of sugar. Eating a lot of sugar is bad for your teeth. One can of cola contains about nine teaspoons of sugar! Milk is good because it contains lots of calcium. You need calcium to help your 206 bones to grow and keep your teeth strong.

There is this much calcium in a serving of ...



- 1 a glass of milk
- 2 two sardines
- 3 cabbage
- 4 cheese
- 5 yogurt
- 6 beans

- 3 Underline these words in the text. Guess their meanings and then check them in the Workbook 4 Dictionary (page 132).

healthy fit energy crisps sugar cabbage calcium sardine

- 4 Read again and complete the sentences.

- 1 Walking and skating are types of exercise.
- 2 You should eat _____ with your meal.
- 3 There is a lot of _____ in fizzy drinks.
- 4 _____ has got a lot of calcium.
- 5 Vegetables help you to stay _____.
- 6 Calcium keeps your _____ strong.

Listening

1 Listen and number. 100



2 Listen again and write T (true) or F (false).

- | | |
|---|---------------------------------|
| 1 Joe feels tired when he gets to school. _____ | 2 Sarah is healthier now. _____ |
| 3 Ella doesn't like fizzy drinks. _____ | 4 Pete never eats sweets. _____ |

Speaking



Watch the DVD!

3 What do you do to be healthy? Ask and answer.

- | | |
|----------------------------|---------------------------------|
| 1 What exercise do you do? | 2 What healthy food do you eat? |
| 3 What do you drink? | 4 How can you be more healthy? |

What exercise do you do?

I ride my bike and I go swimming ...

Writing preparation

We can use a **conjunction** to join two sentences. **Because** shows the reason for something.

Milk is good **because** it contains lots of calcium.

So shows the results of something.

We all want to be healthy, **so** here are some tips to help.

Use a **comma** before **so**.

4 Match the sentence halves.

- | | | |
|--------------------------------------|---------------------------------------|--|
| 1 I drink lots of milk | ☒ d | a because it is good for you. |
| 2 There is lots of salt in crisps, | ☐ | b so you shouldn't eat them every day. |
| 3 You should eat lots of fruit | ☐ | c so try doing some regularly. |
| 4 Doing sport makes you feel strong, | ☐ | d because I want strong bones. |

Complete the writing tasks on pages 90–91 of the Workbook.

