

 Exercise 1. Look and write.



1. ____ morning exercise 2. ____ healthy food 3. ____ fresh juice 4. ____ sports

 Exercise 2. Read and match.

1

do

basketball

2

play

healthy food

3

eat

aerobics

4

drink

morning exercise

5

do

fresh juice



 Exercise 4. Look and complete.

1



A: How does _____ stay healthy ?

B: _____ regularly.

2



A: How does _____ stay healthy ?

B: _____ every day.

3



A: How do _____ stay healthy ?

B: _____ three times a week.

4



A: How does _____ stay healthy ?

B: _____ ever day.

 Exercise 5. Circle the correct answers.

1 _____ does she stay healthy ? - She plays tennis.

A: What B: How C: When D: Where

2 . He _____ healthy food every day.

A: eats B: eat C: ate D: eating

3. How do your friends stay fit ? - They _____ aerobics.

A: don't B: did C: does D: do

4. Does your sister do morning exercise once a week ? - _____

A: Yes, he does B: No, he does C: Yes, she does D: Yes, she do

5. How does your brother stay healthy ? - He _____ healthy food and ____ fresh juice.

A: eat/ drink B: eats/ drinks C: ate/ drank D: eats/ drink

 Exercise 6. Use the verbs in brackets to make the Present Simple.

1. He (**play**) _____ sports every day.

2. I (**eat**) healthy food every day.

3. She (**go**) _____ to the cinema every month.

4. They usually (**do**) morning exercise.

5. My mother often (**drink**) _____ fresh juice.

6. We (**ride**) _____ a bike every weekend.

 Exercise 7. Read and complete.

Jack (1)_____ healthy by exercising every day and eating well. He (2)_____ morning exercise and plays table tennis in the afternoon. He (3)_____ a lot of fruits, vegetables, lean meats. He (4)_____ a lot of water, too. He (5) _____ in good health because he (6)_____ a good habit.

eats

eats

stays

stays

does

drinks

 Exercise 10. Reorder the words to make the correct sentences.

1. drinks / What / he / will / for / dinner ? / have

=> _____

2. does / your / mother / healthy? / stay / How

=> _____

3. Nam / Judo / does / Sundays. / on / and / Saturday

=> _____

4. Lan/ morning / does / exercise / every day.

=> _____

5. food/ What / will / we / at/ party?/ the have

=> _____

 Exercise 11. Listen and number **Track 22**



 Exercise 12. Listen and circle **Track 23**

