Health

1 Read the letters to the doctor 1–2. Match them to the doctor's answers A–B.

ASK THE DOCTOR

1

Dear Doctor

I'm 15 years old. My friends like going to the park and playing football. I'm always tired. I like watching sport on TV and I like playing computer games, too. Is it **good for** me to stay at home?

Can you help me?

Tom

A 8-4

Lots of sweet things aren't good for us. They aren't good for our teeth! Eat more fruit and vegetables. You'll **feel fine**.

DR SMART

2

Dear Doctor

I'm 13 years old and I like eating chocolates and cakes. My mum isn't happy and gives me lots of fruit and vegetables, but I don't like them. Lots of my activities are good for me. I like playing football and I'm very good at it. Is it OK for me to eat lots of sweet things?

Sophie

B

It **isn't good for** you to stay at home all day. Go to the park with your friends and play football with them. It's good to be outside. You'll **feel better**.

DR SMART



DR SMART'S TIP OF THE WEEK

Eat a good breakfast.

- You'll do better in class.
- You'll do better at sport.
- You'll **feel well**.



LIVEWORKSHEETS

2 Read the letters and answers again. Now look at the sentences. Write yes or *no*.

0 Tom likes playing football. *no*

1 Sophie likes eating apples. _____

2 Sophie likes doing sport. _____

3 Tom likes going to the park. _____

4 Tom is very tired. _____

5 The doctor thinks it's good for Tom to stay at home. _____

6 The doctor thinks it's good for Sophie to eat sweet things. _____

3 Read Dr Smart's 'Tip of the week'. Look at the five breakfasts. Choose three breakfasts which are good for you.

☐ 1 

☐ 2 

☐ 3 

☐ 4 

☐ 5 

4 Complete the sentences with the words in blue from the texts.

EP

1 It _____ people to eat a lot of biscuits.

2 Eat fresh fruit and vegetables and you'll _____.

3 Spend time with your friends and you'll _____.

4 I like doing sport and it's _____ me.

5 Eat a good breakfast and you'll _____.

5 Work in pairs. Complete the table with the words and phrases in the box. Add four of your ideas.

~~biscuits~~ bread butter cake chocolate dancing oranges playing computer games vegetables walking to school water



6 What do you eat for breakfast? Tell your partner.

LIVEWORKSHEETS

VOCABULARY AND READING

Health

1 **Complete the phrases with the words in the box.**

better	feel	feel	for	you











1 good _____ you
2 feel _____
3 is not good for _____
4 _____ fine
5 _____ well

2 **Complete the conversations with the phrases from Exercise 1.**

0 **A:** Why do you eat lots of apples?
B: Because they're _____*good for you*_____!

1 **A:** I eat chocolate and biscuits every day. Is that OK?
B: Don't eat them every day. It _____.

2 **A:** I'm tired. I can't do my homework.
B: Go for a walk. You'll _____ after that.

3 **A:** I don't eat fruit and vegetables. Sometimes I don't feel well.
B: It's good for you to eat fruit and vegetables. Eat them and you'll _____.

4 **A:** I don't have breakfast. And in the morning at school I don't feel well.
B: Oh, have breakfast! You'll _____.

3 **Answer the questions with sentences about you.**

1 What makes you feel well?
Swimming makes me feel well. I always feel better.
2 What is good for you?
_____
3 What isn't good for you?
_____

4 **Read the text. What time does the family eat breakfast?**

What we have for breakfast

Laura is 12 years old and is from Cambridge. She tells us about breakfast in her family.

Some people don't have breakfast, but my mum and dad say a healthy breakfast is good for us – we feel well.

My family has breakfast at seven o'clock every morning. I eat some fruit and some bread. I drink some water too. I don't eat biscuits. I like them but my mum says they're not good for me.

Raquel and Paula are my sisters. Raquel likes milk and drinks lots of it. She has bread and butter for breakfast and lots of fruit. Paula doesn't like bread. She has fruit and some water.

My brother's name is Will. Will eats eggs and bread and butter for breakfast. He has orange juice too. Will likes fruit, but he doesn't like it at breakfast. He eats fruit at lunch.

Mum has fruit, yoghurt, and milk for breakfast. Dad has some bread and butter. He has some cheese too. He doesn't drink milk. He doesn't like it. He drinks water.



5 **Read the text again. Match the descriptions to the people.**

1	Raquel	**a**	eggs, bread and orange juice
2	Paula	**b**	fruit, yoghurt and milk
3	Will	**c**	milk, bread and fruit
4	Mum	**d**	bread, cheese and water
5	Dad	**e**	fruit and water
6	Laura	**f**	fruit, bread and water

LIVEWORKSHEETS