

Stay healthy Unit 1

1. Read.

[θ] – teeth, toothpaste, mouth, health, healthy.

[i:] – easy, keep, need, cheese, tea

[d] – doctor, head, hand, difficult

[t] – foot, feet, fit,

[æ] – sandwich, that,

Get up, little Freddy

Milk and bread

Butter and cheese

For little Fred

All that you please

Tea and jam for brother Sam

2. Write the words in the right column.

apple, carrot, milk, coca – cola, sweets, pizza, banana, sandwich, honey, nut, chips, egg, juice, cake, candy.

Healthy food

Unhealthy food

3. Answer the questions.

Example: Who likes fish ? A cat likes fish .

1. Who likes milk ? _____
2. Who likes honey ? _____
3. Who likes carrots ? _____
4. Who likes cheese ? _____
5. Who likes bananas ? _____

4. Read the text and answer the questions.

Healthy food helps our bodies grow strong. Fruits and vegetables have many vitamins. Milk, cheese, yogurt, fish, and meat help our bones. Drinking water is good for us too. Some foods are unhealthy if we eat too much of them. Chips, candy, and soda have a lot of sugar, salt, or fat. They don't help our bodies stay healthy. To be healthy, we should eat healthy food, drink water, sleep well, and do exercise every day.

5. Answer the following questions.

1. What food helps us be strong ? _____
2. What do fruits and vegetables have ? _____
3. Name 3 healthy food _____
4. What should we do to stay healthy ? _____

6. Complete the sentences using the key words below.

Key words: vegetables, healthy, teeth, exercises, water, evening, sleep.

1. We should drink _____ every day.
2. Fruits and _____ are good for us.
3. To be strong we need _____ food.
4. We should do _____ every day.
5. We should brush _____ in the morning and in the _____
6. We should _____ well at night.

7. Write

- 1) Write 3 healthy foods: _____
- 2) Write 3 healthy activities _____

8. Complete the promises – **Be healthy too !**

I will drink _____ every day, eat more _____ and _____, do
-----every day, sleep for _____ hours.