



A

HOW DOES IT TASTE?

Complete the sentences with a word from the box. Use each word once.

bitter creamy crunchy delicious salty spicy sour sweet tasteless juicy

- 1 This chocolate cake is really _____. I love it!
- 2 These crisps are too _____. I need a drink.
- 3 Lemons are very _____.
- 4 I don't like black coffee. It's too _____ for me.
- 5 This soup is very _____. It feels so smooth.
- 6 These apples are fresh and _____.
- 7 The cheese doesn't have much flavour. It's quite _____.
- 8 I love mango. It's naturally _____.
- 9 This curry is really _____. My mouth is burning!
- 10 I like carrots because they're nice and _____.



B

BODY CHALLENGE

Can you do these things?

Complete each sentence with a **verb** and a body **part** from the boxes. Use each word once.

Verbs

scratch raise pat turn touch rub bend point

Body parts

forehead eyebrow shoulder neck cheek elbow knee ankle



_____ your
_____.



_____ one
_____ without
moving the other one.



_____ your
_____.



_____ your
_____ from
side to side.



_____ your
_____ with
two fingers.



_____ your
_____.



_____ your
_____.



_____ to your
_____.



A

HOW MUCH? HOW MANY?

Complete the sentences with much, many, a lot of, a few, a little or any.

much many a lot of a few a little any

- 1 How _____ water do you drink after exercising?
- 2 How _____ eggs do we need for this recipe?
- 3 There is only _____ flour left, so we need to buy some more.
- 4 We bought _____ vegetables at the market this morning.
- 5 There are _____ apples in the fruit bowl. You can take one.
- 6 Is there _____ yoghurt in the fridge?
- 7 I don't put _____ salt in my food.
- 8 We don't have _____ bananas, so we can't make the smoothie.
- 9 Add _____ olive oil to the pan before you cook the onions.
- 10 There are only _____ slices of bread left.
- 11 How _____ rice should I cook for four people?
- 12 We don't have _____ cheese for the sandwiches.
- 13 My dad drinks _____ coffee every day because he loves it.
- 14 There are _____ ingredients in this recipe, so it's easy to make.
- 15 We have _____ tomatoes, but we need more for the sauce.

B

AT THE DINNER TABLE

Read the dialogue between Mia and her dad. Complete the blanks with the correct object pronoun from the box. Some pronouns may be used more than once.

me you him her it us them

- Dad:** Mia, can you help (1) _____ set the table, please?
- Mia:** Sure! Where are the plates? I can't find (2) _____.
- Dad:** They're in the cupboard. Oh, and can you call your brother? Dinner is ready for (3) _____ too.
- Mia:** Tom! Dinner's ready! (Tom enters.)
- Tom:** Wow, this smells amazing! Did you cook (4) _____, Dad?
- Dad:** Yes, I made your favourite — chicken curry! I made it especially for (5) _____, since I know you love spicy food.
- Tom:** Thanks, Dad! Can you pass (6) _____ the rice, Mia?
- Mia:** Here you go! And Dad, this salad looks great. Did Mum help (7) _____ make it?
- Dad:** Yes, actually! She picked all the vegetables and gave (8) _____ to me this morning.
- Mia:** Well, tell (9) _____ thank you — it's delicious!
- Dad:** I will! Now, let's all sit down. I made this meal for (10) _____ to enjoy together.



VOCABULARY & GRAMMAR: HEALTH & ADVICE

Small changes
lead to a healthier you! 😊

A WHAT'S THE PROBLEM?

Match the health words with definitions 1–5.

allergy cough sneeze stomachache temperature

- 1 You may do this when you have a cold or your throat feels irritated. _____
- 2 You may do this suddenly when something irritates your nose. _____
- 3 You may have this if something you eat makes you feel ill. _____
- 4 This can be high when you are ill or have the flu. _____
- 5 You may have this after eating too much or eating something that disagrees with you. _____



B WHAT A DISASTER!

Complete the text with the words from the box.

ankle finger head hurt stomachache

Our class cooking competition was a disaster!

First, I (1) _____ my (2) _____ while I was carrying a box of ingredients. Then my friend got a (3) _____ after eating too many sweets. My brother cut his (4) _____ while opening a packet of food. Later, our teacher bumped her (5) _____ on a cupboard door!



C THE DOCTOR'S ADVICE

Complete the doctor's advice with the correct words from the box. Some words may be used more than once.

a few shouldn't much should a little many a lot of

Doctor: Good morning, Mr Lopez. Let's talk about your diet and habits.

- 1 You _____ drink too _____ coffee.
- 2 You _____ eat _____ vegetables every day.
- 3 You _____ eat _____ sweets.
- 4 You _____ have _____ pieces of fruit every day.
- 5 You _____ add _____ salt to your food.

**Healthy habits
for a better you!**

- ☒ Eat a balanced diet
- ☒ Drink water
- ☒ Be active
- ☒ Get enough rest
- ☒ Take care of yourself



You can
do it! 😊