Name: _____ No.: _____ Class: _____

PHY-SEM2



LIVE WELL, FEEL GREAT!

WELLNESS, FITNESS & MENTAL WELL-BEING

Healthy Habits Today, A Better You Tomorrow!



1 VOCABULARY: Match the words with the pictures.

a. exercise b. drink water c. get enough sleep
d. healthy food e. take a break f. manage stress



2 READING: Read the text and answer the questions.

My name is Aom. I am a Grade 7 student in Bangkok. I want to be healthy and happy. On school days, I wake up at 6:00 a.m. I drink a glass of water and eat a healthy breakfast. I walk to school with my friends. At school, I study hard and take short breaks. I exercise for 30 minutes after school. I like playing badminton. I usually eat rice, chicken, vegetables and fruit. I don't drink soda. At night, I do my homework and read a book. I go to bed at 10:00 p.m. to get enough sleep. On weekends, I help my family and join activities that make me happy. I try to manage stress by talking to my friends and listening to music. Small habits every day help me feel great!

1. What time does Aom wake up? _____
2. How does Aom go to school? _____
3. What sport does Aom like? _____
4. What does Aom usually eat? _____
5. How does Aom manage stress? _____
6. Why does Aom go to bed early? _____

3 GRAMMAR FOCUS: Simple Present

Fill in the blanks with the correct form of the verbs in brackets.

1. I _____ (drink) water every day.
2. She _____ (not like) junk food.
3. They _____ (play) football after school.
4. He _____ (go) to bed at 10 p.m.
5. We _____ (eat) vegetables every day.
6. My friend _____ (walk) to school.



4 LOOK • THINK • WRITE



5 WRITING: My Healthy Plan

Plan your healthy lifestyle for 1 day. Write about your habits.

MORNING	_____
AT SCHOOL	_____
AFTERNOON	_____
EVENING	_____
BEFORE BED	_____

My goal: _____

How will I achieve it? _____

_____

YOU GOT THIS!



EAT WELL ♥ MOVE MORE ♥ SLEEP ENOUGH MANAGE STRESS BE KIND TO YOUR MIND

Be the best version

SHEETS