

2 Choose the correct answer A, B, or C to fill in each blank in the following passage.

My grandparents live in the countryside, and they have a big garden. They spend a lot of time working in it. When I visit them in summer, I often join them in the garden, and they teach me a lot of things about (1) _____.

Vegetables come in different shapes, sizes, and (2) _____. They also grow differently as well. Carrots and potatoes grow (3) _____ the ground. We can't see them. Some kinds of beans (4) _____ a high net to grow. Cabbages and cauliflower grow above the ground. My grandfather says that coloured vegetables are very good for health (5) _____ they provide a lot of natural vitamins. White cauliflower is (6) _____ in vitamin C. Orange carrots and red tomatoes contain vitamin A. (7) _____ have vitamins A, B, C, and E. My grandfather also says that gardening is a good way of (8) _____. It helps him keep fit and strong.



1 A. health B. vegetables C. exercise

2 A. colours B. prices C. weight

3 A. above B. on C. under

4 A. need B. provide C. have

5 A. and B. because C. so

6 A. rich B. poor C. low

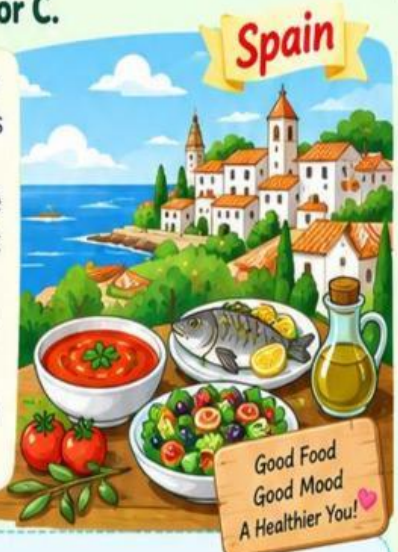
7 A. Chicken B. Fish C. Pumpkins

8 A. resting B. relaxing C. exercising

3 Read the passage and choose the correct answer A, B, or C.

In 2019, Spain was the healthiest country in the world. The secret is their Mediterranean diet. This diet focuses on healthy fats and proteins. This includes cold tomato soup, plenty of seafood (especially fish), and veggies. Spanish people say that they have some of the most delicious salads in the world. Due to the Mediterranean diet, the Spanish suffer from fewer diseases than the rest of the world.

Physical health is important, but mental health is important too. Eight out of ten Spanish people are happy. Why? A major reason is the weather. Spain has beautiful weather all year round. Another reason is that Spain is home to a lively and relaxing culture. The Spanish enjoy the simple pleasures of life.



1 In 2019, Spain was number _____ in health.
A. one B. two C. ten

2 The Mediterranean diet includes _____.
A. lots of vegetables B. red meat C. potato soup

3 Spanish people _____.
A. have more diseases than the rest of the world
B. have fewer diseases than the rest of the world
C. do not have diseases

4 Beautiful _____ makes the Spanish happy.
A. beaches B. houses C. weather

5 The Spanish enjoy _____.
A. good food B. simple pleasures
C. good education



1 Write complete sentences from the prompts.

1. Please / eye exercises / keep / eyes / getting dry.

2. People / Iceland / eat / lot / fresh fish.

3. Air pollution / be / really harmful / our health.

4. Going to bed / getting up / early / be / good / your health.

5. Healthy food / love / laughter / bring / healthy life.



Take care
of your eyes!



Healthy food
for a healthy you!

1 Choose the word in which the underlined part is pronounced differently. Say the words aloud.

- | | | | |
|------------------------|---------------------|----------------------|---------------------|
| 1. A. start <u>e</u> d | B. wash <u>e</u> d | C. want <u>e</u> d | D. visit <u>e</u> d |
| 2. A. play <u>e</u> d | B. stop <u>e</u> d | C. book <u>e</u> d | D. pass <u>e</u> d |
| 3. A. need <u>e</u> d | B. decid <u>e</u> d | C. start <u>e</u> d | D. cook <u>e</u> d |
| 4. A. enjoy <u>e</u> d | B. call <u>e</u> d | C. laugh <u>e</u> d | D. water <u>e</u> d |
| 5. A. watch <u>e</u> d | B. look <u>e</u> d | C. listen <u>e</u> d | D. talk <u>e</u> d |



Say
the words
aloud!

B Vocabulary & Grammar

KIND PEOPLE
BRIGHTER TOMORROWS

1 What activities are they doing? Choose the correct answer.

1. A. collecting rubbish
B. planting trees
C. recycling bottles



A
CLEANER
TOMORROW
STARTS
TODAY

2.

- A. cleaning the playground
- B. growing vegetables
- C. planting trees



A brighter community together!

3.

- A. helping homeless children
- B. singing for old people
- C. helping old people



Small actions make a big difference.

4.

- A. donating books to children
- B. giving food to poor people
- C. helping young people



Kind people build stronger communities.

5.

- A. tutoring street children
- B. giving food to street children
- C. donating books to children



2

Match the verbs in A with the words or phrases in B.

A

1. plant
2. clean up
3. donate
4. recycle
5. help
6. exchange

B

- a. used paper for notebooks
- b. old people
- c. used bottles
- d. dirty streets
- e. food and clothes
- f. trees

Together for a cleaner, friendlier world.



3

Use the phrases in 2 to complete the following sentences.

1. They often _____ and give the notebooks to poor children.
2. Every weekend, we come to _____ do the cooking. We also read to them.
3. The school encourages students to _____. They turn the plastic bottles into hundreds of pretty vases and toys.
4. Our school's students _____ every weekend. The streets now look cleaner.
5. Our group often visits villages and _____ to the poor children there.
6. I work in the Green Neighbourhood project. We often _____ in our neighbourhood.