LOOKING BACK

Vocabulary

1 Complete the sentences with the verbs below.

are	exercise	avoid
affects	keep	

1. Healthy food and exercise help people _____ fit.
2. Weather that is too cold or too hot _____ your skin condition.
3. Children should _____ fast food and soft drinks.
4. Bad habits like eating too much sweetened food and going to bed late _____ harmful to our health.
5. We can _____ indoors and outdoors.

2 Write the words below next to their definitions.

tidy	active	fit	dirty	healthy

1. always busy doing things, especially physical activities _____
2. good for your health _____
3. everything in order _____
4. in good shape _____
5. not clean _____

Grammar

3 Tick (✓) the simple sentences.

1. Asians eat a lot of rice, but Europeans don't. ☐
2. Most children love fast food and soft drinks. ☐
3. There is a lot of fresh air in the countryside. ☐
4. Eat less sweetened food, and you won't put on weight. ☐
5. Hard-working people often stay fit. ☐

4 Change the following sentences into simple ones.

1. You are active, and your brother is active too.

→ Both you and _____.

2. Your room looks dark, and it looks untidy too.

→ Your room _____.

3. The Japanese work hard, and they exercise regularly.

→ The Japanese _____.

4. My mother eats a lot of fruit, and she eats a lot of vegetables too.

→ My mother eats _____.



LIVEWORKSHEETS