



Let's get healthy!

Date: _____

Name: _____

1) Read "Grammar Connect"

GRAMMAR CONNECT

Present simple: affirmative

I/You/We/They		do exercise. eat healthy snacks.
He/She	usually	does exercise. eats junk food.

Present simple: negative

I/You/We/They	don't	
He/She	doesn't	usually miss breakfast. wear sun cream. eat healthy snacks. have fizzy drinks.

2) Read the sentences and choose the correct option.

- a) John **is doing** / **does** exercise three times a week.
- b) Emma **has** / **have** a fizzy drink.
- c) Lou **doesn't wear** / **don't wear** sun cream.
- d) Nick **isn't liking** / **doesn't like** eating junk food.
- e) John **goes** / **go** to bed late every day.



3) Complete the sentences using the present simple. There are two examples.

- a) I don't like (not like) drinking water.
- b) She likes (like) eating healthy snacks.
- c) I sometimes _____ (go) to bed late on Saturday.
- d) Nowadays, we _____ (not play) outside.
- e) Alice _____ (like) eating junk food, but Mat _____ (not like) it.
- f) Peter _____ (have) a check-up every year.
- g) The children _____ (love) doing exercise together at school.



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4) Listen and answer the questions about Katy.

Health week questionnaire

- 1 How often do you do exercise? _____
- 2 What exercise do you prefer? _____
- 3 How often do you eat junk food? _____
- 4 What junk food do you like eating? _____
- 5 What's your class doing for health week? _____



Katy

5) Order the words and make sentences. There is an example.

- a) wears / sister / My / usually / cream / sun ↓

____ *My sister usually wears sun cream.* ____

- b) Always / exercise / do / I

- c) Doesn't / food / he / junk / eat

- d) They / fizzy / never / drinks / have

- e) Enough / we / drink / water / don't
