

## Explore Our World: Level 4 – Unit 1

1. Look. Listen. Write the letter. TR: 1.1



Example: C (This is a stomach.)

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

**Match.**

- a. Because it's important to get rest.
- b. That's good, because it's important to eat fruit for good health.
- c. Yes! And they taste good. I love salads with lots of peppers, corn, and tomatoes.
- d. Yes, I eat fruit and vegetables. I don't eat junk food.
- e. Sometimes, but I know it's not good for you.
- f. I know. I play tennis or go swimming every day.

\_\_\_\_ 2. It's important to eat vegetables for good health.

\_\_\_\_ 3. It's good to get lots of exercise every day to keep fit.

\_\_\_\_ 4. I love mangoes and oranges.

\_\_\_\_ 5. Why do you go to bed at 8 o'clock?

\_\_\_\_ 6. Do you eat junk food?

\_\_\_\_ 7. Do you eat healthy food?

**Complete with the best words from the box.**

he did	she didn't	I didn't
I did	he didn't	she did

8. Did you take a shower yesterday?  
Yes, \_\_\_\_\_.

9. Did she eat some fruit for breakfast?  
No, \_\_\_\_\_.

10. Did you run in the park yesterday?  
No, \_\_\_\_\_.

11. Did your sister walk to school this morning?  
Yes, \_\_\_\_\_.

12. Did your dad drive you to school yesterday?  
No, \_\_\_\_\_.

13. Did your brother play tennis with his friends yesterday?  
Yes, \_\_\_\_\_.

**Read. Write *T* for True or *F* for False.**

### **Video Games and Exercise**

Many people play video games. In some video games, you only have to press buttons with your fingers. You can sit on the sofa and play. In other games, you need to move your whole body. It's fun because it's exercise and video games together! There are dance games, too. Dancing is a great way to keep fit. It's important to get exercise. Some video games can help!

- \_\_\_ 27. In some video games, you move your whole body. \_\_\_
- \_\_\_ 28. Dancing is a good way to keep fit. \_\_\_
- \_\_\_ 29. You can't play video games and exercise at the same time. \_\_\_
- \_\_\_ 30. All video games are good for your health. \_\_\_

**31. Listen. Write *T* for True or *F* for False. TR: 1.2**

Dialogue 1:

- 1) Nina's favorite way to keep fit is to swim. \_\_\_
- 2) Dan likes to play tennis. \_\_\_

Dialogue 2:

- 3) Jane feels healthy because she gets enough rest. \_\_\_
- 4) Marco plays sports and eats vegetables. \_\_\_

Dialogue 3:

- 5) Kenny watches too much TV. \_\_\_