# Staying healthy

Vocabulary exercise

**a) Complete each sentence with the words in the box below.**

| Soda - Twice - Milk - Meat - Park - Donuts |
|---|

1. I drink _____in the morning because it is good for my bones
2. On September 18th we use to eat _____ because my dad does barbecue every year
3. I go out with my dog to the _____ every day at least one hour
4. My mom hates when I drink _____ because she says it is bad for my health
5. I normally wash my teeth _____ a day
6. I love eating _____ It is my favourite food

**Read the text and then develop the following items.**



Hi, I'm Max I don´t like vegetables, I hardly ever eat them, I like eating pizza, french fries or donuts for lunch but I don't eat meat at all. Sometimes mom makes me drink some milk in the evenings but I don't really like it I prefer soda, however I don't drink soda every day but I do it like four times a week, the other days I drink orange juice or water. In my daily life, I like playing video games with my friends, I spend 5 hours on my computer and twice a week I play football in the park with my older brother and his friend.

**b) Write 4 advices for Max In order to have a healthy life using should or shouldn't.**

**Example: You should try to eat more vegetables at lunch.**

| |
|---|
| **1.** |
| **2.** |
| **3.** |
| **4.** |

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**c) Classify the following statements writing "H" if it is healthy or "UN" if it is unhealthy in the blank space.**

1. I don't like vegetables, I hardly ever eat them _____
2. Sometimes mom makes me drink some milk in the evenings _____
3. I don't drink soda every day but I do it like four times a week _____
4. I drink orange juice or water _____
5. I spend five hours on my computer _____
6. Twice a week I play football in the park with my older brother and his friend. _____

**c) Underline the advice that best fits the situation of each character.**

**Example:**

| | |
|---|---|
|  **Chihiro gets too tired when running or walking** | **She should eat more vegetables to have more energy/ She should stay in bed all day** |

| | |
|---|---|
|  **Shoyo wants to have more energy to jump when playing volleyball** | **He should eat more vegetables/ He shouldn't drink milk in the morning** |
|  **Izuku wants to decrease the number of hours he plays video games** | **He should set an alarm on / He should play one more hour** |

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| | |
|---|---|
|  **Zenitsu wants to sleep at least 8 hours every day** | **He shouldn't go to bed early/ he shouldn't go to bed at 12 am** |
|  **Sasuke feels so stressed and he doesn't know what to do feel relaxed** | **He shouldn't eat hamburgers/ he should meditate** |

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