

## EOW4 - Unit 1. Feeling Fit

### VOCABULARY 1 & LISTENING 1

Date

Activity 1. Read. Circle the correct answer A, B or C.

1. It is a hard part. It is inside your body. What is it?
  - A. elbow
  - B. bone
  - C. knee
2. There are five of them on each of your foot. They are usually small and short. What are they?
  - A. toes
  - B. fingers
  - C. legs
3. They are on sides of your head. You use them to hear. What are they?
  - A. toes
  - B. eyes
  - C. ears
4. They are long and thin. They stick out from your hands. What are they?
  - A. fingers
  - B. toes
  - C. arms
5. They're the body parts between your arms and your neck. What are they?
  - A. knees
  - B. shoulders
  - C. elbows
6. This body part is opposite to the front. It is below your shoulders. What is it?
  - A. back
  - B. face
  - C. head

## REVIEW 1

Date

Activity 1. Read. Fill in the blanks with the words in the box.

shoulders

elbows

muscles

toes

back

fingers

stomach

bones

1. There was tomato sauce all over my \_\_\_\_\_. I had to go to the bathroom to wash my hands.
2. He plays many sports at school, so he has strong \_\_\_\_\_ on his arms and legs.
3. I often wear socks to keep my \_\_\_\_\_ warm in the winter.
4. Rest your head on my \_\_\_\_\_ if you feel tired. The ride to the camping site can be quite long.
5. Sleeping on a bed that is too soft can be bad for your \_\_\_\_\_. You may feel uncomfortable when you wake up in the morning.
6. The child was so thin that you can see her \_\_\_\_\_ sticking out.
7. It is not a good idea to play sports when your \_\_\_\_\_ is full. You should eat a full meal two to three hours before working out.
8. All students have to sit with their \_\_\_\_\_ on the table when their teacher is talking.

## VOCABULARY 2 & READING VOCABULARY

Activity 1. Read. Circle the correct answer A, B, or C. (TF)

0. My cat is hungry. I have to

\_\_\_\_\_.

A. give it a bath

☒ B. feed it

C. play with it

3. I am strong and healthy. I always

get up early and \_\_\_\_\_.

A. eat junk food

B. get exercise

C. eat pizza

1. He is too fat because he often

eats \_\_\_\_\_.

A. fruit

B. vegetables

C. junk food

4. I am very tired after a long day. I

sit down and \_\_\_\_\_.

A. get rest

B. eat exercise

C. eat junk food

2. She likes \_\_\_\_\_, such as

carrots, potatoes and beans.

A. hamburger

B. vegetables

C. junk food

5. You should eat more \_\_\_\_\_ and

drink more water in summer.

A. candy

B. fruit

C. junk food

Activity 2. Look. Write the correct words.

record

do homework

air

pretend

a screen

a camera

0. do homework



3. \_\_\_\_\_



1. \_\_\_\_\_



4. \_\_\_\_\_



2. \_\_\_\_\_



5. \_\_\_\_\_

