

Activity A: Read and choose the correct word.

1. You cut things with it.
2. You shouldn't play with them because you can burn your fingers.
3. You can cook food on it.
4. You have to wear it when you break a bone.
5. You use them to go up and down in the house.
6. You put this on a cut.
7. When you cut your hand, it ...
8. These animals live in the sea. You shouldn't swim near them.

Activity B: Read and categorise "should" and "shouldn't". Drag and drop the answers in the boxes.



Are you tired?

Do you feel tired all the time? Are you always late for school because you can't wake up in the morning? Well, don't worry. There's something you can do.



First, eat right. Forget about burgers and chips and chocolate. They're yummy, but they can make you feel tired. Eat healthy food like fruit and vegetables.





You should also get some exercise. Thirty minutes of exercise a day is good for you. So, what are you waiting for? Get off that sofa and go to the park.



Also, you shouldn't watch TV late at night. Try to go to bed early, so you can get up in the morning. Have a glass of warm milk before you go to bed. People say milk helps you fall asleep.

What you should do	What you shouldn't do

get off the sofa and go to the park

have a glass of cold milk before go to bed

watch TV late at night

go to bed early

get some exercise

eat burgers, chips and chocolate

eat right