

Mọi ý kiến đóng góp và thắc mắc, quý phụ huynh liên hệ trực tiếp quản lý:
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Class: 4TN 1/11/2021

Lesson 1: How to stay healthy

I. Match the words with the pictures.



- a fit
- b energy
- c healthy
- d crisps
- e sugar
- f calcium
- g cabbage
- h sardines

II. Read and write Yes or No.

Tips for you:

**DO NOT
FORGET TO**

How to stay healthy

- 1. Wash your hands:
-before having meals.
-after using the toilet.
- 2. You should brush your teeth only once a day.
- 3. You should take a shower twice a week.
- 4. You should do morning exercise regularly.
- 5. You should eat healthy food.

III. Complete the sentences with “should / shouldn’t”.

1. I have a sore throat. (see the doctor)	5. He has a toothache. (eat sweets)
→ You should see the doctor.	→ He _____
2. I have a headache. (stay in bed)	6. Jim has a sore throat. (eat ice cream)
→ _____	→ He _____
3. She has a stomachache. (drink cold water)	7. I have a cough. (take a cold bath)
→ She _____	→ _____
4. Mai has a cold. (drink hot milk)	8. Peter has an earache. (take aspirins)
→ _____	→ _____

IV. Circle the correct answer.

1. How do you play hide-and-seek?

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A. often B. usually C. never D. always

2.is my favourite sport.
A. Swim B. Swimming C. To swim D. Swam

3. Therea lot of people at my party yesterday.
a. are B. is C. was D. were

4. He isfootball in the yard now.
A. play B. plays C. played D. playing

5. We do not go to schoolSaturday and Sunday.
A. on B. at C. in D. from

6. Whatyour mother do last night? – She watched TV.
A. do B. does C. did D. doing

7. You shouldsome medicine.
A. take B. to take C. taking D. took

8. What's the matteryou? I have a cold.
A. to B. with C. from D. in

V. Read the passage and circle the correct answer.

Nam is my classmate. He is a clever boy, but he is a lazy and untidy boy. In the morning, he often forgets to wash his face and comb his hair. He sometimes forgets to brush his teeth at night. he rarely washes his hands before meals and he does not like to have a bath.

One night, Nam had a terrible dream. A big rat ran towards him and said, “Let's play together. I like lazy and untidy boys.” Nam was terrified and wanted to run away, but he was not able to do so. He cried out, “Mummy, Mummy, help me!” Luckily, it was just a dream. Then Nam woke up and saw his mother's face. “Mummy, I won't be lazy and untidy any more,” Nam said to his mother.

1. Nam does not like to keep hisclean. A. room B. house C. body

2. He often forgets to wash hisin the morning.
A. face B. hands C. hair

3. Heforgets to clean his teeth at night. A. always B. sometimes C. never

4. He rarely washes his handsmeals. A. before B. after C. during

5. Nam saw a big rat in his A. bathroom B. classroom C. dream

6. The rat ran towards Nam because it likedboys.
A. clean B. clever C. dirty

VI. Nam wants to be a good boy now. Using “should / shouldn't” to advise him.

Ex: You should wash your face and comb your hair in the morning.