NEWSTAR
Excellence in English Communication

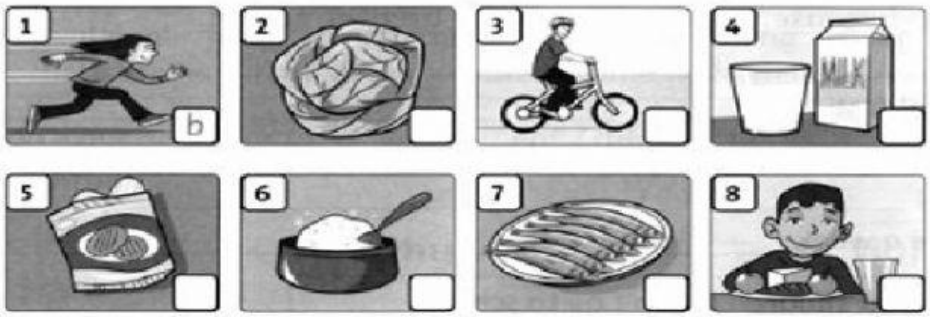
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Student's name: ..... Class: **4TN** 1/11/2021

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.
3. Brush your teeth twice a day.
4. Take a shower every day.
5. Do morning exercise regularly.

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

IV. Circle the correct answer.

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

LIVEWORKSHEETS

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

2. .....is my favourite sport.

A. Swim B. Swimming C. To swim D. Swam

3. There .....a lot of people at my party yesterday.

a. are B. is C. was D. were

4. He is .....football in the yard now.

A. play B. plays C. played D. playing

5. We do not go to school .....Saturday and Sunday.

A. on B. at C. in D. from

6. What .....your mother do last night? – She watched TV.

A. do B. does C. did D. doing

7. You should .....some medicine.

A. take B. to take C. taking D. took

8. What's the matter .....you? 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 terrfied 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 his .....clean. A. room B. house C. body

2. He often forgets to wash his .....in the morning.

A. face B. hands C. hair

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

4. He rarely washes his hands .....meals. 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 liked .....boys.

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.

_____

_____

_____

_____

_____

LIVEWORKSHEETS