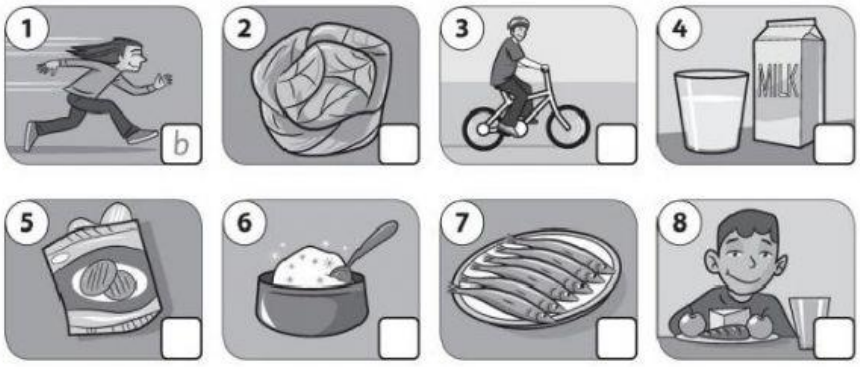
# Unit 12: What's the matter?

*Lessons 5+6*

## 1. Match the words with the pictures




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

## 2. Write, use the words above

1 People who exercise every day want to be *fit*.
2 _____ are a type of fish that have a lot of calcium.
3 To be _____, you have to eat a good diet and drink lots of water.
4 _____ are made from potatoes. They have a lot of salt and fat.
5 When you can do things without getting tired, you've got lots of _____.
6 Chocolate and sweets have got a lot of _____.
7 A _____ is a big, round vegetable.
8 You need _____ to help your bones grow.

## 3. Read the classbook. Answer the questions

1 What exercise can you do if you don't like team sports?
*You can walk to school, go swimming or go skating.*
2 What types of food contain too much sugar?
_____
3 Which drinks are healthy?
_____
4 Which drink has lots of sugar?
_____
5 Which has more calcium: yogurt or cabbage?
_____



LIVEWORKSHEETS

## 1. Complte the sentences with "so" and "because"

| | | |
|---|---|---|
| I don't want to eat too much sugar | I didn't go to school | I missed the school bus |
| ~~I don't want to be tired at school~~ | I want to be fit | it has got a lot of calcium |

1 I always go to bed early because I don't want to be tired at school .
2 I was ill yesterday _____ .
3 I drink milk with my breakfast _____ .
4 I go to my dance class _____ .
5 I woke up late yesterday _____ .
6 I only eat chocolate once a week _____ .

## 2. Read the leaflet and circle "so" and "because"

# Don't catch a cold!

***It's horrible to have a cold. You sneeze and cough. Your nose runs and you can feel very tired or have a headache.***



***What can you do to stop getting a cold?***

- Fresh air helps, so open windows and go for walks outside.
- Wash your hands often because hands which are not clean can spread colds.
- Eat a healthy diet to keep your body strong. Fruit is especially important and scientists think oranges can help because they have a lot of vitamin C.
- Get lots of sleep, because when you are tired you can get ill more easily.

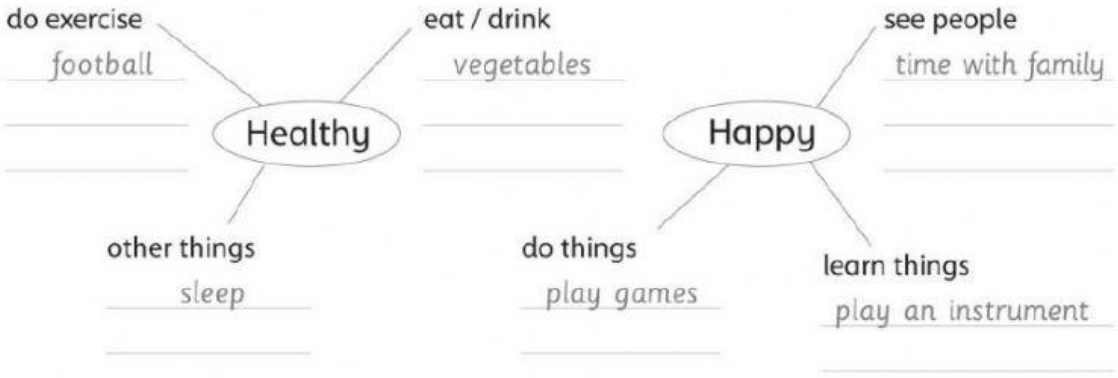
***If you are unlucky and do get a cold, what can you do to avoid giving it to others?***

- Colds are passed on through the air, so don't cough or sneeze near other people's faces.
- Use tissues when you blow your nose or sneeze. Then put the tissue in the bin and wash your hands.
- Don't share cups because you can pass on a cold this way too.

LIVEWORKSHEETS

3. *Complete the mind map*

walking fruit search the Internet swimming open windows listen to music
help others read books water time with friends wash hands




4. *Write the leaflet about how tobe healthy and happy. You can use the phrases from exercise 3 or choose new ones.*

## How to be healthy and happy

LIVEWORKSHEETS