

Instructions: Read the dialogue and select the correct words to complete the sentence.



Hey Marco! Do you know that you can strengthen your defenses against the COVID-19?



Really?, How can I strengthen and prepare my defenses?

Marco wants to know how can he _____ his _____ against the COVID-19

Instructions: Use the word-bank to complete the paragraphs.

WORDBANK:

fruits --- vegetables --- vitamins --- running --- jumping
the rope --- cardiovascular exercise



By eating healthy food such as _____, _____ and _____, you can strengthen your immune system to fight diseases.

Doing exercise, such as _____, _____ the _____, and _____ helps you to keep a positive attitude and control your weight.



Instructions: Read the dialogue and select the correct words to complete the sentence.



What if I need to go outside?



You can go outside!, but you need to take some preventive actions such as wearing a facemask and keeping the social distance (2 meters).

If you go outside you need to _____ a _____ and keep _____.

Instructions: Use the word-bank to complete the paragraphs.

WORDBANK:

prevents --- mouth --- nose --- social distance --- virus



Wearing a face mask _____ contagion to you and others. Wear it properly, covering your _____ and _____.

Keeping the _____ helps for the _____ not to spread, and all of us can keep healthy.

