Liceo Experimental UMAG
Depto. Inglés
Nelda Ibarra
Teacher in training: Matías Godoy H.
7th grade

UNIT 2 HEALTHY HABITS. READING HOW TO STAY HEALTHY

Chapter 1: A HEALTHY LIFE

A. Drag and drop the words in the correct sentence.

Body	Disabilities	Exercise	Healthy	Medicines	Outdoors	Travel

1.- Today there are medicines for sick people.

2.- People don't do much exercise _____.

3.- Some people have _____.

4.- You need to protect your _____.

5.- you don't need lots of time or equipment to do _____.

6.- walking to the supermarket can help you to stay _____.

7.- People _____ by car a lot.

B. Choose True or False.

1. Fast food is healthy

2. Many people do not do much exercise outdoors.

3. Most people can do exercise.

4. People are getting fatter.

5. Watching television helps you to stay healthy.

Chapter 2: INSIDE YOUR BODY

A. Drag and drop the part of the body next to its purpose.

Bones	Brain	Heart
Lungs	Skin	Stomach

1		It moves blood around your body.
2		It breaks down the food that you eat
3		It makes different parts of your body work well
4		It protects your body.
5		They support your body
6		They help you to breathe

LIVEWORKSHEETS

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B. Select the correct word for each sentence.

Blood	Bones	Breathe	Kidneys	Liver	Move	Temperature

1.- Your _____ takes oxygen and food to different parts of the body.

2.- Air goes in and out of your lungs when you _____.

3.- Your _____ protect important parts of your body.

4.- Your_____ and _____ take away the things that your body does not need.

5.- Your skin helps to keep your body at the right _____.

6.- Your muscles help your body to _____.

C. True or False.

1	TRUE	FALSE	Your brain makes the other parts of your body work well.
2	TRUE	FALSE	Your bones are extraordinarily strong.
3	TRUE	FALSE	Your skin supports your body.
4	TRUE	FALSE	Your kidneys help your body to move.
5	TRUE	FALSE	Your stomach and intestines break down food so that your body can use it.
6	TRUE	FALSE	You use 20 different muscles to walk.

Chapter 3: THE RIGHT FOOD

A. Join with arrows the sentence with the right image.

BREAD | FISH | FRUITS | RICE | VEGETABLES | MILK








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B. Drag and drop the words in the correct sentence.

Calcium	Fat	Fiber	Proteins	Sugar	Vitamins

1.- Meat, fish and eggs have lots of _____.

2.- Too much fat can make you _____.

3.- Too much _____ is bad for your teeth.

4.- Milk, yoghurt and cheese have _____.

5.- Fruit and vegetables have lots of _____.

6.- Brown bread and brown rice have lots of _____.

LIVEWORKSHEETS