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 4: FOOD AROUND THE WORLD

A. Find the words in the word search and write in the squares.

O	L	I	V	E	O	I	L	O	G
L	A	V	E	G	E	T	I	V	G
I	S	A	G	I	C	E	S	C	P
R	I	C	E	M	B	O	A	B	O
O	F	O	T	E	R	A	L	N	U
F	R	U	A	S	M	D	A	J	Y
M	U	O	B	R	E	A	D	M	T
R	I	C	L	O	A	L	A	N	R
S	T	T	E	L	T	A	D	S	D
A	F	I	S	H	A	L	S	V	F

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

Chopsticks	Fat	Iron	Quinoa	Rice	Salad	Tomatoes

1.- In Japan, people eat lots of _____.

2.- Food in Japan doesn't have much _____.

3.- In countries near the Mediterranean Sea, people eat lots of bread, _____ and fruit.

4.- In Peru and Bolivia, some people eat rice or _____ with meat and potatoes.

5.- Scientist think that _____ can help you to stay healthy.

6.- In Asia many people use _____ to eat food.

7.- Quinoa has lots of proteins, fiber and _____.

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Chapter 5: WHY DO YOU WASH?

A. Choose the correct expression.

1.- The microbes ***on your hands / in your mouth*** can damage your teeth.

2.- Brush your teeth to was away the ***toothpaste / microbes.***

3.- To keep your teeth healthy, go to the ***dentist / doctor.***

4.- Don´t eat too much food ***vitamins / sugar.***

B. TRUE and FALSE.

1	TRUE	FALSE	All microbes are dangerous.
2	TRUE	FALSE	Some microbes can make you sick.
3	TRUE	FALSE	Meat that is not cooked has dangerous microbes.
4	TRUE	FALSE	It is important to keep your teeth clean.
5	TRUE	FALSE	When you eat food with sugar, the microbes in your mouth eat the sugar too.

Chapter 6: EXERCISE FOR EVERYONE.

A. Complete these sentences with the words given.

Bones	Good	Healthy	Muscles	Problems	Work

Why is exercise good ?

1.- it helps to make your _____ and _____ stronger.

2.- It protects you from health _____.

3.- It makes you feel _____.

4.- It helps you to _____ better at school.

5.- It helps you to stay _____.

B. Match the two halves of the sentences. WRITE THE LETTER NEXT TO THE NUMBER

1		Needs to do exercise		A.- Some exercise every day
2		Everyone is not only for		B.- And most people can do it.
3		You need to do		C.- Go to the sports center every day
4		Swimming is a good exercise,		D.- To stay healthy
5		Many people with disabilities		E.- Can do team sports and athletics
6		You don't have to		F.- Young, healthy people.

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C. Order the words TO CREATE A LOGICAL SENTENCE.

Exercise / **healthy.** / stay / do /needs / ***Everyone*** / to / to	***Everyone*** needs to do exercise to stay ***healthy.***

1	***Health problems.*** / ***Exercise*** / you / protects / from	
2	only / young / for/ ***Exercise*** / ***people.*** / isn't	
3	good / a / ***Swimming*** / ***exercise.*** / is	
4	sports / the / ***You*** / in / play / ***park.*** /can	
5	helps / you / ***school.*** / better / at / ***Exercise*** / work / to	

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