



UNIT 2 HEALTHY HABITS. READING HOW TO STAY HEALTHY

Chapter 7: EXERCISE AND YOUR BODY.

A. Find and write the words.

UPLUNGSFOBREATHEUYHEARTENBLOODOVFOODRESWEATUY

B. Complete these sentences with the words given.

Blood	Breathe	Cool down
Heart	Lungs	Skin

- 1.- When you do exercise, you _____ faster.
- 2.- Your _____ take in more air.
- 3.- Your _____ beats faster.
- 4.- Your _____ takes oxygen and food to your muscles.
- 5.- Your _____ feels hot.
- 6.- You make sweat. When your skin dries, you _____.

C. Choose the correct word.

- 1.- Your muscles **need** / **don't need** oxygen to work
- 2.- When you swim, you breath **faster** / **slower**.
- 3.- Swimming makes **you** **fatter** / **healthier**.
- 4.- When your body works very hard, your muscles **can** / **can't** get all the oxygen that they need.
- 5.- You can only run fast for a **long** / **short** time.
- 6.- Running fast makes your muscles **bigger** / **smaller**.



Chapter 8: PROTECT YOUR BODY

A. Choose the correct answer for each picture.



B. Drag and drop the correct word in every sentence

Arms	Breathe	Cool down	Equipment	Legs	Lights	Muscles
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- 1.- When you warm up your _____, they move more easily.
- 2.- stretching exercises help you to move your _____ and _____ easily.
- 3.- Remember to _____ well when you do exercise.
- 4.- after exercise you should _____ your muscles, so that they don't get sore.
- 5.- use the right _____ to protect your head and body.
- 6.- always use _____ when you cycle in the dark.

Chapter 9: TIME OUTDOORS

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

Bones	Happier	School	Sun	Sun cream	Teeth	Walking
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- 1.- when you spend time outdoors. It makes you feel _____.
- 2.- many people do team sports at _____.
- 3.- Cycling and _____ are good types of exercise.
- 4.- Your skin uses the _____ to make Vitamin D.
- 5.- Vitamin D is important for healthy _____ and _____.
- 6.- Wear _____ when you go outdoors.



Chapter 10: REST AND SLEEP

A. Select the correct answer TRUE and FALSE.

1	TRUE	FALSE	Your body needs time to repair the muscles.
2	TRUE	FALSE	You don't need to rest after you do lots of exercise.
3	TRUE	FALSE	Some types of exercise help you to rest.
4	TRUE	FALSE	Most people sleep between six and eight hours.
5	TRUE	FALSE	Children need to sleep for more than ninety hours every night.

B. Drag the correct word for each sentence.

brain	hard	protein	good	repair	healthy
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- 1.- When you do exercise, small pieces of _____ in your muscles break.
- 2.- Your body needs time to _____ your muscles.
- 3.- Don't make your body work too _____.
- 4.- When you don't sleep well, your _____ can't work well.
- 5.- You feel _____ and stay _____ when you do the right things