

1 Complete the phrases with the words in the box.

better feel feel for you



- 1 good _____ you
- 2 feel _____
- 3 is not good for _____
- 4 _____ fine
- 5 _____ well

2 Complete the conversations with the phrases from Exercise 1.

- 0 A: Why do you eat lots of apples?
B: Because they're good for you !
- 1 A: I eat chocolate and biscuits every day.
Is that OK?
B: Don't eat them every day. It
_____.
- 2 A: I'm tired. I can't do my homework.
B: Go for a walk. You'll
_____ after that.
- 3 A: I don't eat fruit and vegetables.
Sometimes I don't feel well.
B: It's good for you to eat fruit and
vegetables. Eat them and you'll
_____.
- 4 A: I don't have breakfast. And in the
morning at school I don't feel well.
B: Oh, have breakfast! You'll
_____.

Ответьте на вопросы о себе.

3 Answer the questions with sentences about you.

- 1 What makes you feel well?
Swimming makes me feel well. I always feel better.
- 2 What is good for you?

- 3 What isn't good for you?

4 Read the text. What time does the family eat breakfast?

What we have for breakfast

Laura is 12 years old and is from Cambridge. She tells us about breakfast in her family.

Some people don't have breakfast, but my mum and dad say a healthy breakfast is good for us – we feel well.

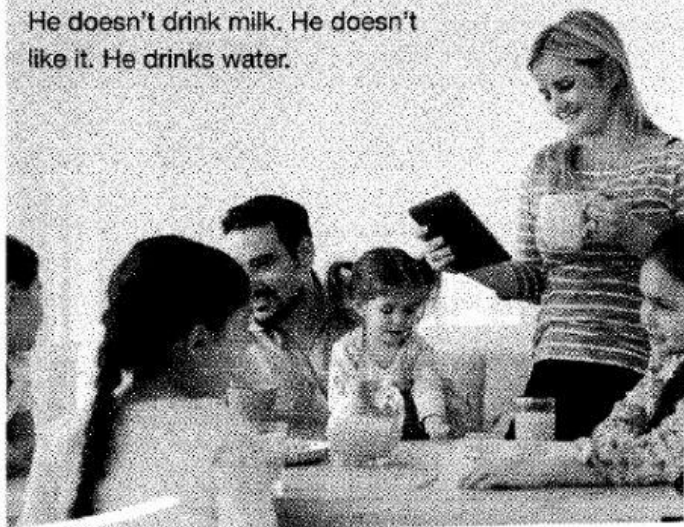
My family has breakfast at seven o'clock every morning. I eat some fruit and some bread. I drink some water too. I don't eat biscuits. I like them but my mum says they're not good for me.

Raquel and Paula are my sisters. Raquel likes milk and drinks lots of it. She has bread and butter for breakfast and lots of fruit. Paula doesn't like bread. She has fruit and some water.

My brother's name is Will. Will eats eggs and bread and butter for breakfast. He has orange juice too. Will likes fruit, but he doesn't like it at breakfast. He eats fruit at lunch.

Mum has fruit, yoghurt, and milk for breakfast. Dad has some bread and butter. He has some cheese too.

He doesn't drink milk. He doesn't like it. He drinks water.



5 Read the text again. Match the descriptions to the people.

- | | |
|-----------------|---------------------------------------|
| 1 Raquel | a eggs, bread and orange juice |
| 2 Paula | b fruit, yoghurt and milk |
| 3 Will | c milk, bread and fruit |
| 4 Mum | d bread, cheese and water |
| 5 Dad | e fruit and water |
| 6 Laura | f fruit, bread and water |

1 Choose the correct words to complete the sentences.

- 1 I like eating biscuits but they aren't good for me / him.
- 2 I play tennis with my friends. It's good for her / us.
- 3 I play the guitar but I'm not very good at him / it.
- 4 My sister eats vegetables. They're good for him / her.
- 5 My brother sleeps for eight hours every night. It's good for him / her.
- 6 My parents like running. It's good for them / her.
- 7 Eat lots of fruit. It's good for it / you.

3 Answer the questions for you in the questionnaire. Write Yes, I do or No, I don't.

What do you like doing in your free time?

- 1 Do you like reading books? _____
- 2 Do you like playing computer games? _____
- 3 Do you like cooking? _____
- 4 Do you like eating chocolate? _____
- 5 Do you like swimming? _____
- 6 Do you like watching music videos? _____



2 Change the underlined words. Write him, her, it, us, them or you.



- 0 I like football. I'm good at football. it
- 1 My brother eats lots of sugar. It's not good for my brother. _____
- 2 My friends and I walk to school. It's good for my friends and me. _____
- 3 My sister drinks lots of water. It's good for my sister. _____
- 4 My parents eat some fruit for breakfast. It's good for my parents. _____
- 5 Play lots of sport. It's good for you and your friends. _____
- 6 My mum eats a lot of fruit. It's good for my mum. _____
- 7 My sister plays basketball. She's good at basketball. _____
- 8 My dad eats a lot of chocolate. It isn't good for my dad. _____
- 9 I like running. I'm good at running. _____
- 10 My friends go swimming five days a week. It's good for my friends. _____

1 Read the text. What is it about?

Hello! My name is Luca and I like doing lots of things in my free time. I like reading books and swimming. I read every day and I swim five days a week. I like watching music videos, but I don't like playing computer games. I don't like cooking, but I like eating. I like eating chocolate, but eating lots of chocolate isn't good for me!



2 Read the text again. Write Yes, he does or No, he doesn't.

- 1 Does Luca like reading books? _____
- 2 Does he like swimming? _____
- 3 Does he like watching music videos? _____
- 4 Does he like playing computer games? _____
- 5 Does he like cooking? _____
- 6 Does he like eating chocolate? _____