VOCABULARY AND READING

Health

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 _____.

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

LIVEWORKSHEETS