

*Read and write the words.

HANDS - EXERCISE - VEGETABLES
SUN CREAM - FRUIT JUICE

Stay happy and healthy!

To stay happy and healthy follow these rules:

You should always eat five portions of fruit and

(1) _____ every day. And remember to always wash your (2) _____ before eating.

You shouldn't drink fizzy drinks. Drink water or

(3) _____. They're good for you!

Play football, go swimming or go for a walk with your family.

(4) _____ is important.

And, if you go out in the sun you should use

(5) _____ because sunburn is very painful.

Remember to wear a hat, too!



Listen and write the numbers. Write X in the extra name.

David

☐

Lindsay

☐

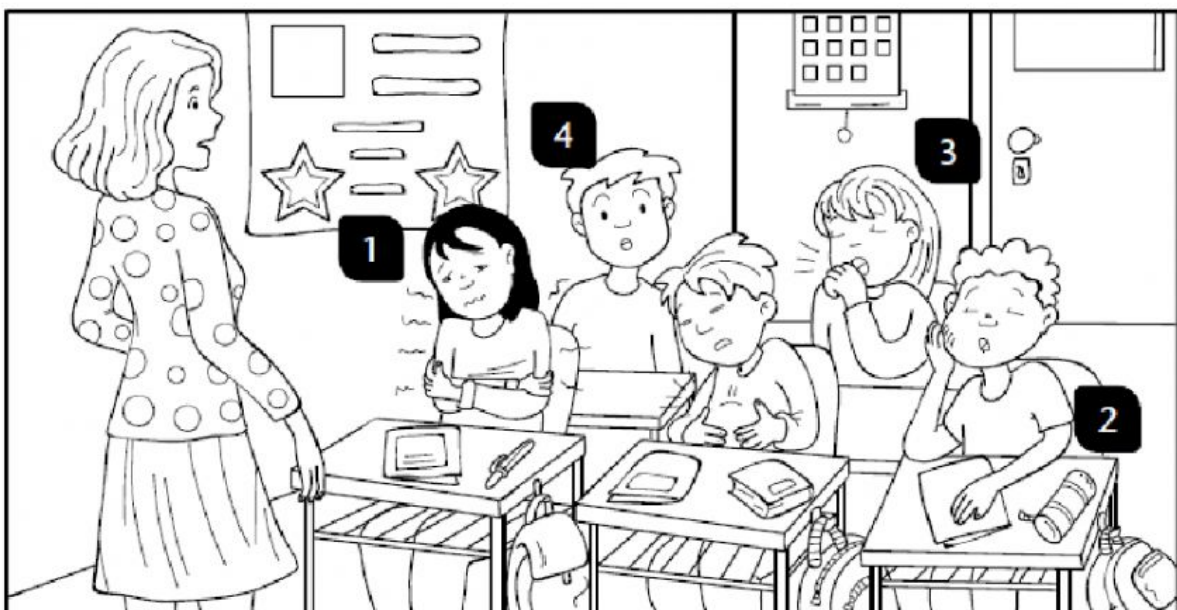
Michael

☐

Steven

☐

Trish

☐

Read the text and choose the correct option.

Pollution is a problem – let's stop it!

In the past, pollution wasn't a problem and the air _____ clean and fresh. This is because there _____ any cars and factories.



In the present, _____ a lot of things that cause pollution.

Last year, in my town we _____ a recycling center and now people recycle their rubbish. Last month we _____ the streets and celebrated with a big festival.



I think we can do a lot of things to stop pollution. We _____ waste water when we take a shower and we _____ recycle plastics and paper, too.