

\*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.

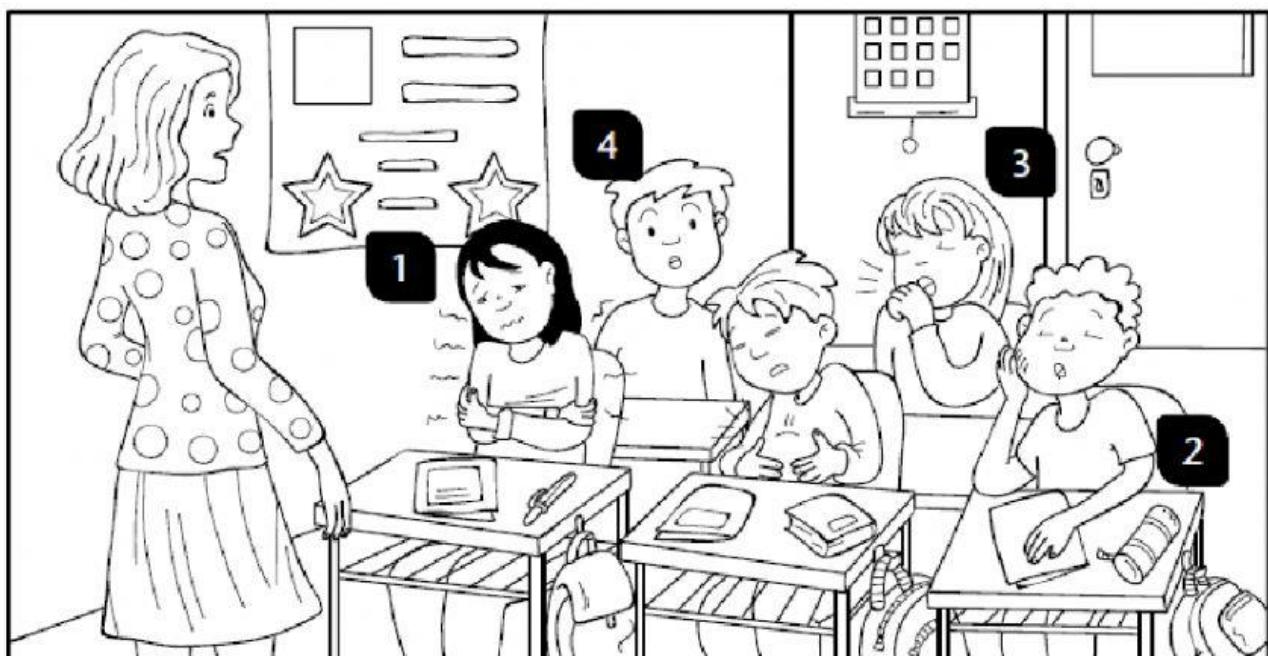
David

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.