

## FOOD AND HEALTH 4

1. Look and match the words in the box with the pictures:

ear infection  
bump

allergic reaction

skin rash

chest infection



Read and choose the best answer:

Each year, the mosquito-borne disease called \_\_\_\_\_ kills half a million people.

- a. mosquito repellent
- b. malaria
- c. skin rash

Male mosquitoes have a \_\_\_\_\_ of about 10 days.

- a. lifespan
- b. nectar
- c. allergic reaction

We can protect the \_\_\_\_\_ and save money by recycling.

- a. lifespan
- b. habitat
- c. environment

The giraffe's natural \_\_\_\_\_ is grasslands.

- a. habitat
- b. nectar
- c. environment

I think we need to sleep under a \_\_\_\_\_ tonight because there are a lot of mosquitoes in here.

- a. mosquito coil
- b. mosquito net
- c. mosquito repellent

Yesterday, my sister had a \_\_\_\_\_. Her skin turned reddish, and she felt itchy all over her face.

- a. chest infection
- b. bump
- c. skin rash

\_\_\_\_\_ in fruits and vegetables gives us healthy hair and skin.

- a. Vitamins and minerals
- b. Fibre
- c. Calcium

\_\_\_\_\_ helps your body to grow and build muscles.

- a. Calcium
- b. Vitamins and minerals
- c. Protein

He had \_\_\_\_\_, so he stopped drinking cold water and smoking.

- a. an ear infection
- b. a sore throat
- c. malaria

My sister never goes out without wearing sun cream and \_\_\_\_\_.

- a. a mosquito net
- b. mosquito repellent
- c. a bump

Last week, I had \_\_\_\_\_ from drinking camel milk.

- a. an ear infection
- b. a sore throat
- c. allergic reaction

**Read and answer the following questions:**

Are mosquitoes dangerous? Why?

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What should we do to protect us from mosquito bites?

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**2. Complete the sentences with " more", "less", " fewer", " much", " many", " a lot of", "any", "some":**

You should drink \_\_\_\_\_ soft drinks and \_\_\_\_\_ juice.

You shouldn't eat too \_\_\_\_\_ sugar because it can lead to weight gain.

If you want to sleep well, you should drink \_\_\_\_\_ coffee at night.

You should eat \_\_\_\_\_ cookies and cupcakes because they contain a lot of sugar.

You don't need to buy \_\_\_\_\_ apples. We have enough at home.

You should eat \_\_\_\_\_ fried chicken because it's not good for you.

I think he should buy \_\_\_\_\_ vegetables because there'll be a lot of people coming to the party.

Make sure you can go home on your own and don't drink too \_\_\_\_\_ beer.

You should eat \_\_\_\_\_ fruit and vegetables because they help digest food properly and provide our body with vitamins and minerals.

You should drink \_\_\_\_\_ soft drinks and drink \_\_\_\_\_ juice.

Do we have \_\_\_\_\_ cake left in the fridge? – Yes, but I think we need to buy \_\_\_\_\_.

There will be a lot of people coming to the party.

If you want to sleep well, you should drink \_\_\_\_\_ coffee at night.

Your mother shouldn't drink as \_\_\_\_\_ coffee because it's not good for her stomach.