

1. Write the correct answer.

They _____ their parent a gift to celebrate their anniversary.

should send

send should

He _____ more attention to what the teacher says.

should pays

should pay

We _____ an inexperienced waiter for the restaurant.

shouldn't hire

not should hire

I think you _____ disrespect your parents; they love you very much.

should

shouldn't

2) Mark the correct answers. "ONLY THE CORRECT ONES"

- I'm running to be fit and healthy.
- He went to the supermarket to buy fruit.
- He went supermarket buy fruit.
- I'm running fit and healthy.

3) Complete the sentences according to the pictures.



• I've got a _____.

• I've got a _____.

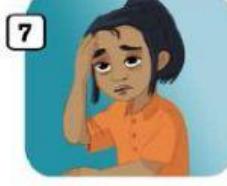


• I've got a _____.

• I feel _____.

4) Match

earache stomach-ache headache toothache rash cough sore throat Cold



Read, then answer the questions.

TOP 5 TIPS ON HOW TO STAY HEALTHY!

1 Eat well, feel well!
If you want to be healthy, eat a balanced diet! You should eat at least five portions of fruit and vegetables every day to stay healthy. You shouldn't eat a lot of junk food.

2 Get out and about!
Get moving to stay fit! You should do exercise for 30 minutes a day. Run around in the playground, play a sport, or simply walk quickly to school!

3 Sleep tight!
Make sure you get plenty of sleep each night! You should sleep for 9-10 hours each night. Make your bedroom a calm, quiet place and don't keep a phone or tablet by your bed.

4 Water of life
We all need water, and drinking water in the day and after exercise gives you energy. Water also helps you get better when you are ill. So, if you've got a headache or a cough, you should drink some water!

5 Have fun!
What do you do to relax? Do you do exercise, read a book or watch a film? Or do you meet friends in the park? Whatever you choose, relaxing and having fun are important ways to stay fit and healthy!



5) Write the number of the text that makes reference.



What can you do to stay fit? You can run in the playground, play a sport or walk to school.



How many hours should you sleep every night? Nine to ten hours.



What's a balanced diet? It's when you eat at least five portions of fruit and vegetables every day.



What can you do to relax? You can do exercise, read a book, watch a film, see friends in the park.



Why is water good for you? Because it gives you energy and helps you get better when you are ill.

6) Write the correct option.

SHOULD

FIVE

THIRTY

HELPS

NOT

1 A balanced diet should have at least portions of fruit and vegetables a day.

2 Walking or doing other exercise for minutes a day keeps you fit and healthy.

3 You should keep a phone in your bedroom.

4 If you're feeling well, you drink water.

5 Relaxing you stay fit and healthy.

7) Write a short email to your English friend Melany:

- Talk about some good habits that you should do
- and those that you shouldn't do to stay fit and healthy.

"Don't forget the guidelines for writing an email"



8) **Listening:** Write **True** or **False**.

1. Jack is a famous football Player.
2. Jack sleeps six hours on concert nights.
3. Jack plays a lot of concerts in the morning.
4. Jack uses his piano to be relaxed.
5. Jack hates watching a movie in the evening

9) **Listening:** Listen and complete.

- 1 Jack plays concerts all over the world.
- 2 Every morning, Jack _____.
- 3 When he has a concert, Jack sleeps _____.
- 4 When he doesn't have a concert, Jack _____.
- 5 Jack _____ and watches films to relax.