

Part I. Listen to the recording and fill in the box with the words you hear!

What do humans need to stay healthy?

Your body can do all kinds of things but to keep it working at its [redacted] you need to [redacted] it by staying healthy. Being healthy helps make you feel good and [redacted] you're less likely to get sick. It helps you do more fun activities and it may help you live longer [redacted]. So, what can you do to be healthy?

Well.. You can eat a good [redacted] of all kinds of food including plenty of fresh vegetables and [redacted].
You can drink [redacted] water.

And you can do lots of exercise to make your body stronger and [redacted].

Another way of staying healthy is good [redacted] which means keeping clean and [redacted] germs that can make you or other people ill. Some germs like to travel on your skin, some will travel through the earth, [redacted] prefer dirty surfaces but simple things like washing your [redacted] before you eat and after you use the toilet will help stop germs [redacted] inside you and making you ill.

Last of all you need plenty of sleep because this is when your body [redacted] and grows so you can do even more [redacted].



Part II. State true or false based on the recording! Write T or F in the box!

1. Your body can't do all sorts of things unless you stay healthy.
2. Being healthy means you're likely to get sick.
3. Based on the text, there are more than 5 tips to stay healthy.
4. A lot of exercise can make your body weaker and tired.
5. Some germs like dirty surfaces.
6. Skin and earth are not good living place for germs.
7. Washing hands before eating and using toilet can make you ill.
8. Staying healthy needs no good sleep.