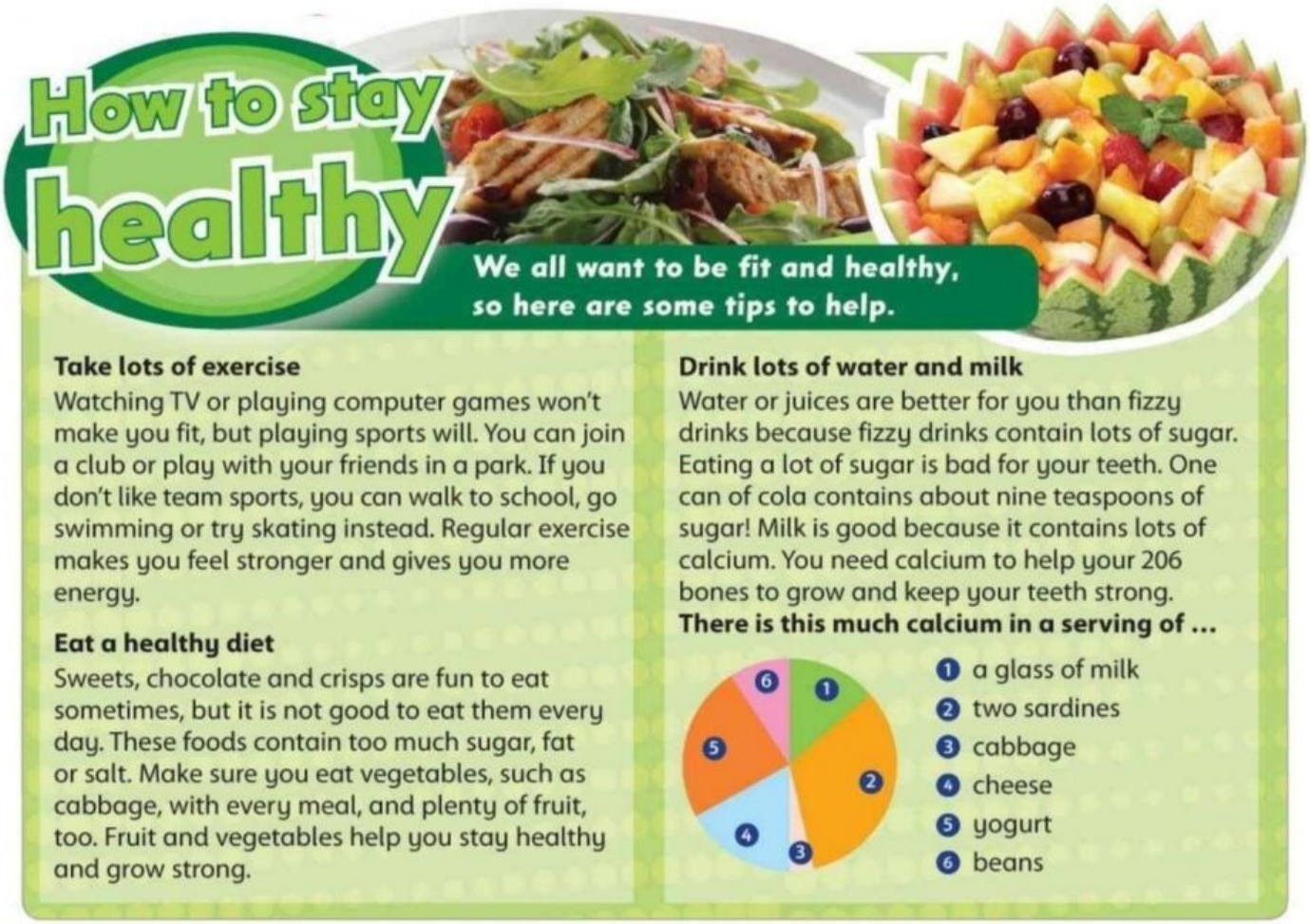
WORKSHEET

Date: Tuesday, January 30th, 2024 FFs4 – Unit 12	Teacher's feedbacks

Task 1:

Reading

1 Look at the text and pictures below. Say three ways to stay healthy.



How to stay healthy

We all want to be fit and healthy, so here are some tips to help.

Take lots of exercise
Watching TV or playing computer games won't make you fit, but playing sports will. You can join a club or play with your friends in a park. If you don't like team sports, you can walk to school, go swimming or try skating instead. Regular exercise makes you feel stronger and gives you more energy.

Eat a healthy diet
Sweets, chocolate and crisps are fun to eat sometimes, but it is not good to eat them every day. These foods contain too much sugar, fat or salt. Make sure you eat vegetables, such as cabbage, with every meal, and plenty of fruit, too. Fruit and vegetables help you stay healthy and grow strong.

Drink lots of water and milk
Water or juices are better for you than fizzy drinks because fizzy drinks contain lots of sugar. Eating a lot of sugar is bad for your teeth. One can of cola contains about nine teaspoons of sugar! Milk is good because it contains lots of calcium. You need calcium to help your 206 bones to grow and keep your teeth strong.

There is this much calcium in a serving of ...

1. a glass of milk
2. two sardines
3. cabbage
4. cheese
5. yogurt
6. beans

Read again and complete the sentences.

1 Walking and skating are types of *exercise*.
2 You should eat _____ with your meal.
3 There is a lot of _____ in fizzy drinks.
4 _____ has got a lot of calcium.
5 Vegetables help you to stay _____.
6 Calcium keeps your _____ strong.

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Task 2: Listen and tick (v). There is one example.

What does Robert's sister do?

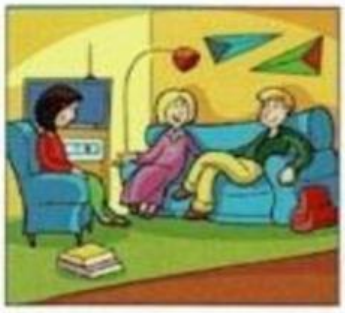
A ☐

B ✔

C ☐

1 Where does Betty live?

A ☐



B ☐

C ☐

2 How does Betty get to college?

A ☐

B ☐

C ☐

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3 Which is the most interesting subject for Betty?

A ☐

B ☐

C ☐

4 What did Betty do last weekend?

A ☐

B ☐

C ☐

5 When will Robert see his sister again?

A ☐

B ☐

C ☐

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Task 3: Read the text. Choose the right words and write them on the lines.

Insects

Example Insects are small creatures .....that..... have three pairs of legs. Bees,

1 flies, butterflies and beetles are just ..... few of the insects

2 that live around us. There are more insects on planet Earth ..... any other animal—between six and ten million different kinds.

3 Insects live ..... land and in water. They can

4 ..... around by walking, by flying or by swimming. Some insects, which have long thin legs, can walk on water.

5 Insects eat plants or ..... insects. Some insects make things that humans use, for example, bees make honey. Insects are also very

6 important ..... they help plants to grow fruit. Insects are a favourite food for lots of other animals. For example, bats, lizards and

7 snakes ..... eat them. But so do frogs, fish, and most birds.

8 Insects can be beautiful, but they can look very strange, ...

9 There are insects that look ..... leaves or other parts of plants.

10 This helps them hide ..... the animals and birds who want to eat them.

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Example	who	that	where
1	the	a	an
2	than	then	that
3	in	at	on
4	moving	moved	move
5	another	other	such
6	because	but	before
7	suddenly	already	usually
8	instead	too	yet
9	for	at	like
10	for	from	over

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