

3 Match. Then complete the sentences.



strong bones



big muscles



energy



1 Cereal and pasta give you energy.

2 Meat and cheese give you strong bones.

3 You get strong bones from milk and eggs.

4 Complete the sentences.

5

competition match medal team uniform winner



Today Charlie is playing in a basketball ¹ match.
There are seven boys in his ² team. They all
wear a red and white ³ uniform.



Yesterday Flo and Ella were at a swimming
⁴ competition. Flo was the ⁵ winner.
She got a gold ⁶ medal.

5

5 Luke is talking to a footballer. Match the questions and answers.



- 1 Why do you have to eat meat and eggs?
- 2 Why do you play football every day?
- 3 Why do you sleep for ten hours?
- 4 Why do you have to eat cheese?
- 5 Why do you have to eat pasta before a match?
- 6 Why do you run every day?

- a Because I need energy.
- b Because I need big muscles.
- c Because I have to be good at running fast.
- d Because I have to practise.
- e Because my body has to rest.
- f Because I need strong bones.

5

6 Write why your parents say these things.

1 Do your homework!	1 Because _____.
2 Eat all your dinner!	2 _____.
3 Go to bed now!	3 _____.
4 Look after your little brother!	4 _____.
5 Tidy your bedroom!	5 _____.

5

7 Read the text and choose the best answer.

John is talking to his friend Fred.

Example

John: Are you in the kitchen, Fred?

Fred: A It's here.

B Yes, I'm here.

C Yes, you are.



Questions

1 John: What are you doing?

Fred: A He emails his friends.

B I'm doing my homework.

C It's a computer.

4 John: Would you like to go for a swim at the weekend?

Fred: A Yes, I'd like that.

B Yes, they like it.

C Yes, I can.

2 John: Is that your computer?

Fred: A No, it's my dad's.

B Yes, they are.

C It's on the table.

5 John: Let's go on Saturday.

Fred: A No, it's Sunday.

B I'm going there.

C All right.

3 John: Do you like swimming?

Fred: A Yes, you like it.

B No, it doesn't.

C Yes, I love it!

5