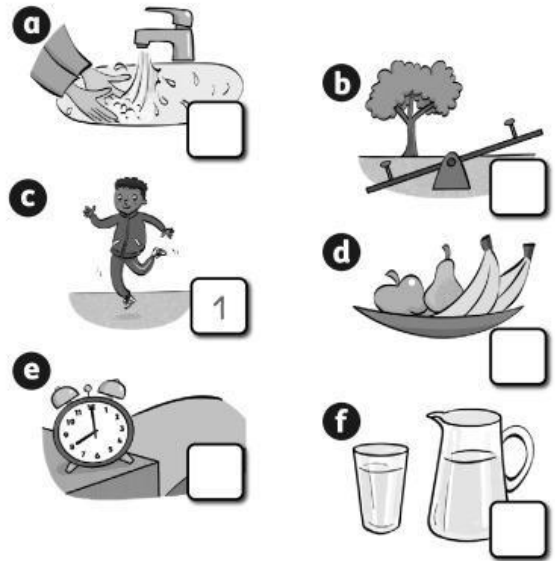


Lesson 1 Words Let's talk about staying healthy.**1** Match. Then look and number.

- | | |
|-----------|----------------|
| 1 do ● | ● your hands |
| 2 eat ● | ● exercise |
| 3 play ● | ● water |
| 4 drink ● | ● fruit |
| 5 go ● | ● to bed early |
| 6 wash ● | ● outside |

**Lesson 2 Grammar** Let's talk about how often we do things.**2** Look and write sentences.

eat vegetables do exercise eat ice cream play outside go to bed early

Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

- Mia goes to bed early five times a week.
- She _____.
- She _____.
- She _____.
- She _____.

Lesson 3 Words and Grammar

Let's talk about how we relax.

3 Look and write sentences.
☒ ☒ ☒ always
 ☒ ☒ often
 ☒ sometimes
 ☒ never
do karate ~~go fishing~~ play volleyball do art go swimming

- 1 ☒  She sometimes goes fishing _____.
- 2 ☒  He _____.
- 3 ☒ ☒ ☒  They _____.
- 4 ☒ ☒  She _____.
- 5 ☒  I _____.

Lesson 4 Story

Let's read about feeling too busy.

4 Write T (true) or F (false).

- 1 Ben does his homework every day. _____
- 2 He plays football once a week. _____
- 3 He always goes swimming at the weekend. _____
- 4 He goes fishing with his mum. _____
- 5 At the end of the story, Ben and his dad relax. _____

**Lesson 5 Skills and Culture**

Let's learn about exercise in Brazil and China.

5 Read and tick ✓.

capoeira



t'ai chi

1 This sport is very popular in China.		<input checked="" type="checkbox"/>
2 People do this sport on the beach in Brazil.		
3 Older people do this sport in the park.		
4 The players always do slow and careful moves.		
5 The players sometimes do big jumps and high kicks.		