My name is: _____

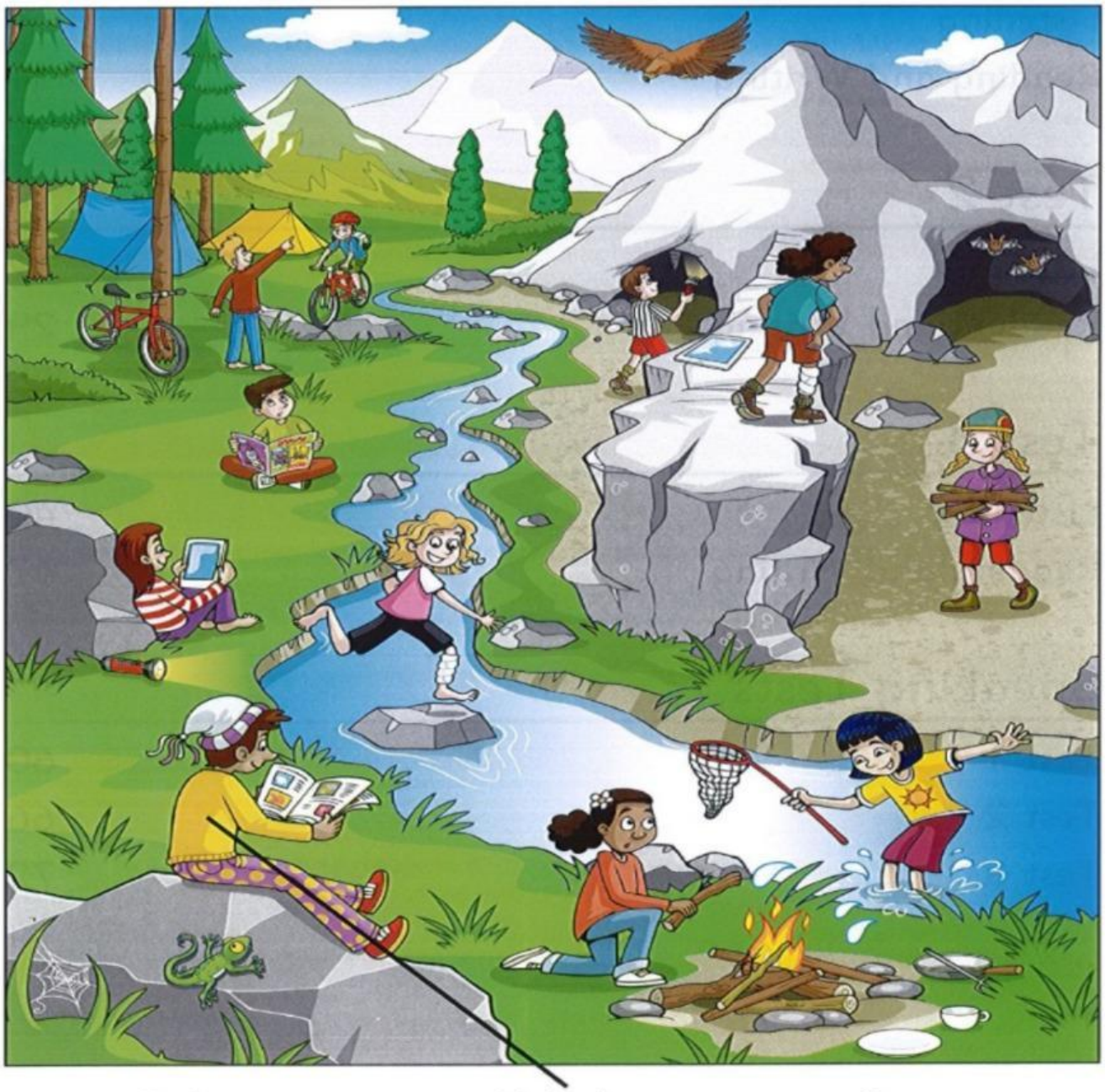
WORKSHEET

Date: FFs4	Teacher's feedbacks

Task 1:

Listen and draw lines. There is one example.

Katy Robert Oliver Helen



Sophia Michael Emma

LIVEWORKSHEETS

Task 2: Read and answer the questions

Healthy Living

Living a healthy life means taking care of your body and mind. To stay healthy, you should eat nutritious food, exercise regularly, get enough sleep, and avoid bad habits like smoking.

Healthy eating is very important. Your body needs a mix of different foods like fruits, vegetables, grains, proteins, and dairy to stay strong. Drinking plenty of water every day is also essential for staying hydrated.

Exercise keeps your body fit and strong. Activities like running, swimming, or playing sports help you stay in shape. Doctors recommend doing at least 30 minutes of exercise most days of the week.

Getting **enough sleep** is another key to a healthy life. When you sleep well, your body has time to rest and recover. Most teenagers need about 8-10 hours of sleep each night to feel energetic and focused.

Finally, avoid unhealthy habits like eating too much junk food or spending too much time on screens. Instead, spend time outdoors, read books, or try a new hobby to keep your mind active and happy.

Living a healthy life not only makes you feel good but also helps you do better in school, sports, and other activities.

1. What does living a healthy life mean?

_____

2. Why is healthy eating important?

_____

3. How much exercise is recommended each week?

_____

4. Why is sleep important for teenagers?

_____

LIVEWORKSHEETS

Task 3:

Read the story. Choose a word from the box. Write the correct word next to numbers 1–5. There is one example.



Example				
excited	surprise	late	bored	deepest
somewhere	worst	ago	explored	traffic

Holly was .....excited..... because she was going with her family to visit her grandparents' house at the beach. 'Can we go swimming before lunch?' asked Holly.

'Good idea!' said Dad. But there was a lot of **(1)** ..... on the motorway.

'Now we won't have time to go swimming,' said Holly.

After two hours, Holly said, 'I'm really hungry now. Can we stop to have lunch **(2)** ..... ?'

'No, we're already very **(3)** ..... for lunch at Grandma's!' said Mum.

Holly said, 'This is the **(4)** ..... journey ever!'

LIVEWORKSHEETS

But when they were on Grandma and Grandpa's road, Dad drove past their house. 'Why didn't you stop?!' asked Holly. 'I'm very hungry.'

'I'm going to the beach. I need a swim,' answered Dad.

'But there aren't any cafés there,' said Holly.

'There are now,' said Dad. 'Your Grandma's just opened a new café there! We didn't tell you because we wanted it to be a **(5)** .....!'

'That's amazing!' said Holly. 'Grandma's the best cook in the world!'

(6) Now choose the best name for the story.

Tick one box.

- Grandma's new house ☐
- Holly's long journey ☐
- Dad's fast car ☐

LIVEWORKSHEETS