

## ✍ Exercise 1. Look and write.



1. \_\_\_\_ morning exercise 2. \_\_\_\_ healthy food 3. \_\_\_\_ fresh juice 4. \_\_\_\_ sports

## ✍ Exercise 2. Read and match.

1

do

basketball



2

play

healthy food



3

eat

aerobics



4

drink

morning exercise



5

do

fresh juice



## ✍ Exercise 4. Look and complete.

1



A: How does \_\_\_\_\_ stay healthy ?

B: \_\_\_\_\_ regularly.

2



A: How does \_\_\_\_\_ stay healthy ?

B: \_\_\_\_\_ every day.

3



A: How do \_\_\_\_\_ stay healthy ?

B: \_\_\_\_\_ three times a week.

4



A: How does \_\_\_\_\_ stay healthy ?

B: \_\_\_\_\_ ever day.

 **Exercise 5. Circle the correct answers.**

1 \_\_\_\_\_ does she stay healthy ? - She plays tennis.

A: What      B: How      C: When      D: Where

2 . He \_\_\_\_\_ healthy food every day.

A: eats      B: eat      C: ate      D: eating

3. How do your friends stay fit ? - They \_\_\_\_\_ aerobics.

A: don't      B: did      C: does      D: do

4. Does your sister do morning exercise once a week ? - \_\_\_\_\_

A: Yes, he does      B: No, he does      C: Yes, she does      D: Yes, she do

5. How does your brother stay healthy ? - He \_\_\_\_\_ healthy food and \_\_\_\_\_ fresh juice.

A: eat/ drink      B: eats/ drinks      C: ate/ drank      D: eats/ drink

 **Exercise 6. Use the verbs in brackets to make the Present Simple.**

1. He (**play**) \_\_\_\_\_ sports every day.

2. I (**eat**) healthy food every day.

3. She (**go**) \_\_\_\_\_ to the cinema every month.

4. They usually (**do**) morning exercise.

5. My mother often (**drink**) \_\_\_\_\_ fresh juice.

6. We (**ride**) \_\_\_\_\_ a bike every weekend.

 **Exercise 7. Read and complete.**

Jack (1)\_\_\_\_\_ healthy by exercising every day and eating well. He (2)\_\_\_\_\_ morning exercise and plays table tennis in the afternoon. He (3)\_\_\_\_\_ a lot of fruits, vegetables, lean meats. He (4)\_\_\_\_\_ a lot of water, too. He (5)\_\_\_\_\_ in good health because he (6)\_\_\_\_\_ a good habit.

eats

eats

stays

stays

does

drinks

 **Exercise 10.** Reorder the words to make the correct sentences.

1. drinks / What / he / will / for / dinner ? / have

⇒ \_\_\_\_\_

2. does / your / mother / healthy? / stay / How

⇒ \_\_\_\_\_

3. Nam / Judo / does / Sundays. / on / and / Saturday

⇒ \_\_\_\_\_

4. Lan/ morning / does / exercise / every day.

⇒ \_\_\_\_\_

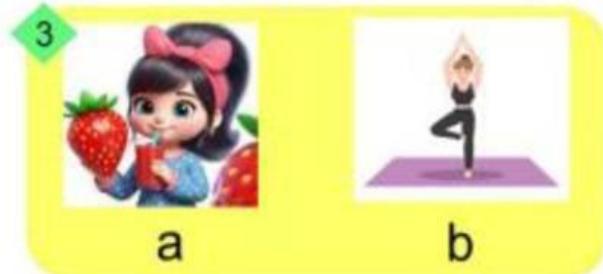
5. food/ What / will / we / at/ party?/ the have

⇒ \_\_\_\_\_

 **Exercise 11.** Listen and number  **Track 22**



 **Exercise 12.** Listen and circle  **Track 23**



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