

 **Exercise 1. Look and tick.**



Do morning exercise

Do yoga



Drink fresh juice

Play sports



Eat healthy food

Do aerobics



Play sports

Drink fresh juice

 **Exercise 2. Look and write.**

Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
✓						

I do yoga \_\_\_\_\_ a week.

Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
✓	✓					

He drinks orange juice \_\_\_\_\_

Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
✓	✓	✓	✓	✓	✓	✓

She plays badminton \_\_\_\_\_.

Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
✓	✓	✓				

My mother eats vegetable \_\_\_\_\_

 **Exercise 3. Complete the sentence.**

1. He wants to \_\_\_\_\_ healthy.
2. How does he stay healthy?  
- He \_\_\_\_\_ morning exercise.
3. How often does she play badminton?  
- She \_\_\_\_\_ badminton three times a week.
4. My father \_\_\_\_\_ orange juice twice a week.
5. I \_\_\_\_\_ vegetables every day.

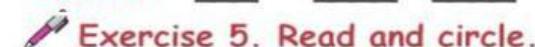




#### Exercise 4. Read and match.

1	How does she stay healthy?	a	I'll play some games.
2	How often does he play sports?	b	We'll have cakes and sweets.
3	What food will you have at the party?	c	He does morning exercise.
4	How does your father stay healthy?	d	Three times a week.
5	What will you do at her party ?	e	She eat healthy food every day.

Answer: 1. \_\_\_\_ 2. \_\_\_\_ 3. \_\_\_\_ 4. \_\_\_\_ 5. \_\_\_\_



#### Exercise 5. Read and circle.

Linda loves staying healthy. She eats healthy food every day. For breakfast, he usually eats an egg sandwich and he drinks a glass of milk. For lunch and dinner, she likes rice, fish and vegetables. She drinks a lots of water and fresh juice. She goes to bed early and does morning exercise every day. She plays sports three times a week in sports centre. She is very strong and active.

1. Linda eats healthy food like fish and **vegetables/ meat**.
2. She drinks **little / lots of** water and fresh juice.
3. She does morning exercise **twice a week / every day**.
4. She goes to the **music club / sports centre** three times a week.



#### Exercise 7. Circle the correct answer.

1. \_\_\_\_\_ does he stay healthy ? - He plays volleyball.

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

2. Does he play football once a week? \_\_\_\_\_

A: No, she doesn't    B: Yes, she does    C: Yes, he does    D: Yes, they do

3. How do they stay fit ? - They eat fruit and \_\_\_\_\_.

A: ice-ream                    B: play games                    C: stay up late                    D: vegetables

4. How often does he drink orange juice? \_\_\_\_\_ a week.

A: three                    B: twice                    C: every day                    D: one

5. \_\_\_\_\_ does she do aerobics? - four times a week.

A: How                    B: How many                    C: How much                    D: How often



### Exercise 10. Listen and circle



### Track 26

Thao: Hi, Bill. Can you tell me about your lifestyle?

Bill: Sure, Thao. I'm quite a healthy person. I eat four pieces of (1) **fruit / cheese** every day.

Thao: Four pieces every day? That's good.

I drink (2) **fresh juice / orange juice** every day.

Bill: I also like to exercise. I do morning exercise from Monday to Friday. So that's (3) **five times a week / four times a week**. I also go swimming on Tuesdays.

Thao: Oh, I like swimming!

Bill: What other sports do you like, Thao?

Thao: Well, I play (4) **baseball / basketball** on Mondays, Wednesdays and Fridays. It's a really fun sport! I also do judo on Saturday afternoons.

Bill: Judo? Amazing!



### Exercise 11. Listen and write



### Track 27

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1. Peter eats healthy food like \_\_\_\_\_ and vegetables.
2. Peter drinks some \_\_\_\_\_ and fresh juice.
3. He exercises \_\_\_\_\_.
4. He does karate \_\_\_\_\_ a week.