


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.

1

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

I do yoga _____ a week.

2

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

He drinks orange juice _____

3

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

She plays badminton _____

4

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

My mother eats vegetable _____


Exercise 3. Complete the sentence.

- He wants to _____ healthy.
- How does he stay healthy?
- He _____ morning exercise.
- How often does she play badminton?
- She _____ badminton three times a week.
- My father _____ orange juice twice a week.
- 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.

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



Exercise 7. Circle the corect 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

Nhã Đan 0355115605

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