

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Unit 5

# Health

Lesson 4

## A. Read and match.

0 eat

1 eat

2 eat

3 wash

4 play

5 do

a. vegetables

b. exercise

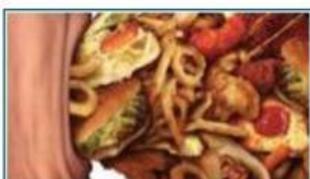
c. your hands

d. too much

e. fast food

f. outside

## B. Listen and match the lines.



a



b



c



d



Jack



Katy



Jim



May

**C. Look, read and answer the following questions.**



0



1



2



3



4



5

0

What should I do to be healthy?

*You should do exercise.*

1

What should I do to be healthy?

2

What should I do to be healthy?

You shouldn't \_\_\_\_\_

3

What should I do to be healthy?

4

What should I do to be healthy?

You shouldn't \_\_\_\_\_

5

What should I do to be healthy?

\_\_\_\_\_

**D. Read the text and choose the words to complete the text.**

In our science class yesterday, we learned (0) about health and how to be healthy. Our teacher said we should (1) ..... lots of vegetables and fruit. We shouldn't eat fast (2) ..... or candy because they're bad for our bodies and teeth. And we (3) ..... eat too much. My classmates like having snacks all the time, and that's bad. My teacher said we should have only one or two (4).....a day. Our school has a small vegetable garden. We sometimes go there and learn how to grow food. We also sometimes go to the cafeteria and learn how to make salad or cook vegetables. (5)..... really cool.

0. a. about      b. in      c. with      d. to

1. a. eats      b. eat      c. ate      d. buy

2. a. cook      b. milk      c. food      d. salad

3. a. should      b. shouldn't      c. feel      d. do

4. a. snacks      b. snack      c. breakfast      d. snack

5. a. They're      b. there're      c. He's      d. It's

#### E. Order the conversation.

1

A : Hi, John. How was school?

A: What should I do to be healthy?

B: You should wash your hands before eating.

B : Hi. Today I learned about how to be healthy.

A: I do!

1

A: My teacher said we shouldn't eat fast food.

A: You never eat your vegetables. You should eat them.

B: But I like it.

2

**F. Listen, look and answer the questions.**

1

What should you do to be healthy?



2

What should you do before eating?



3

What should you do in the morning?

