

UNIT 14: STAYING HEALTHY

Name: _____

Class: _____

Mark

I. LISTENING

Task 1. Listen and put the stressed syllable of the following words. There is one example.

0. 'morning

1. swimmer

2. vegetable

3. aerobics

4. lifestyle

5. yoga

6. regularly

7. exercise

8. example

Task 2. Listen and number. There is one example.











Task 3. Listen and complete. There is one example.

0. Bill eats ___ 4 / **four** ___ pieces of fruit every day.

1. Bill does morning exercise from Monday to _____.

2. Bill _____ Tuesdays.
3. Thao plays basketball on Mondays, _____ and Fridays.
4. Thao _____ on Saturday afternoons.

PART 2: VOCABULARY AND GRAMMAR

Task 1: Look, read and write.

once a week

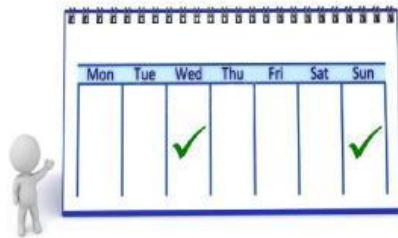
~~do yoga~~

do morning exercise

drink fresh juice

twice a week

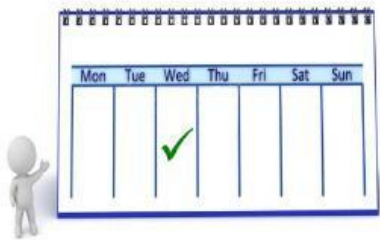
play sports



0. do yoga

1. _____

2. _____



3. _____

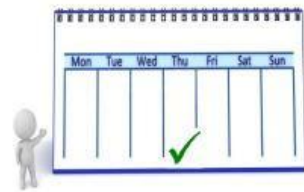
4. _____

5. _____

Task 2. Circle the correct answer. There is one example.

0. My mother usually _____ sports with me.
☒ A. plays B. does C. play
1. I want to stay healthy so I _____ eat healthy food.
 A. ate B. eats C. eat

- ### Task 3: Read and complete.

0. A: How does your mother stay healthy? B: She drinks fresh <u>juice</u> every day.	
1. A: _____ your father stay healthy? B: Yes. He does. He does morning exercise every day.	
2. A: Does your brother eat healthy food? B: Yes, he does. He eats _____ and fruit regularly.	
3. A: How often does she play badminton? B: She plays badminton _____.	

4. A: How does your sister stay healthy?

B: She plays sports regularly. He plays _____.



Task 4. Read and match. There is an example.

A	B	Answer
0. How does she stay healthy?	A. They play sports every day.	0. E
1. Do you drink fresh juice?	B. Yes, I do.	1.
2. Does your brother drink milk regularly?	C. She eats fruit and vegetables.	2.
3. How do they stay healthy?	D. Three times a week.	3.
4. How often do you play badminton?	E. She eats healthy food.	4.
5. How does your mother stay healthy?	F. No, he doesn't.	5.

PART 3: READING AND WRITING

Task 1: Read the passage and do the tasks.

Mina is a very healthy person. She does lots of things to stay healthy. She does morning exercise every day with her father. She plays sports, too. She plays badminton with her friends four times a week. Sometimes she does yoga. She's really fit. She eats fruit and vegetables every day. She doesn't eat junk food like sweets, chips and ice cream. She often drinks juice instead of milk tea. Sally is active and helpful. She likes helping her friends.

A. Fill in the blanks.

- Mina is a very healthy person.
- She does morning exercise with _____.
- She plays badminton _____ a week.
- She likes _____ her friends.

B. Answer the questions.

- How often does she do morning exercise?



ð *She does morning exercise every day.*

1. What does she sometime do?

ð

2. Does she eat sweets and ice cream?

ð

3. What does she often drink?

ð

Task 2: Make the question for underlined part in each sentence.

0. Yes, he is. He is a strong swimmer.

≤ *Is he is a strong swimmer?*

2. My brother drinks fresh juice three times a week.

≤

3. They do morning exercise regularly.

≤

4. Yes. My sister eats vegetables every day.

≤

Task 3: Reorder the words to make correct sentences.

0. plays / twice / She / sports / a week.

≤ *She plays sports twice a week.*

1. your mother /do / does / yoga / ? /How often /

≤

2. to / stay / My father / football / every day /healthy./ plays /

≤

3. drink / week./ fresh juice / I / three times / a /

≤

4. burgers / because / My / doesn't often / eat / they are not / family / healthy.

≤

5. stay / How / your brother / does / healthy?

ð

Task 4. Write about your family's healthy habits.

➤ What does your family usually eat / drink?

➤ What sports does your family play?

➤ How often does your family play sports?

My family wants to stay healthy. _____
