

Exercise 1: Combine these sentences using “and”, “but” or “or”:

1 - My mother eats breakfast everyday.

My mother didn't eat breakfast yesterday.

2 - Cats can be big. Cats can be small.

3 - You should do more exercises. You should eat healthy foods.

4 - She likes bananas. He likes apples.

Exercise 2: Choose the correct answer:

1 - Did you _____ breakfast yesterday?

- a. eat b. ate c. eats

2 - Maria _____ water everyday.

- a. drink b. drank c. drinks

3 - Did John _____ enough sleep yesterday?

- a. gets b. gets c. get

4 - Sabrina _____ eat breakfast yesterday morning.

- a. didn't b. don't c. doesn't

5 - _____ you remember to wash your face?

- a. Does b. Do c. Did

Exercise 3: Answer the questions:

1 - What is a calorie?

2 - What happens if you eat more calories than your body needs?

3 - What can burn a lot of calories?

4 - What makes our hearts stay healthy?

5 - What are bad for your health if you do them too much?

Exercise 4: Write True or False:

1 - People from around the world play Octopush.

2 - People play Octopush underwater just like hockey.

3 - In Octopush, players need to push the puck into the net to score.

4 - People join a contest called Pumpkin Regatta in fall.

5 - If you want to join Pumpkin Regatta, you'll need a boat.

6 - Players use basketball to play footvolley.

7 - Footvolley is hard.

Exercise 5: What are some good habits? Why should you do them?

Write 2 - 3 sentences:
