

**Nhiệm vụ 1:** Hoàn thành câu với các động từ đã cho

are

exercise

avoid

affects

keep

1. Healthy food and exercise help people \_\_\_\_\_ fit.

2. Weather that is too cold or too hot \_\_\_\_\_  
your skin condition.

3. Children should \_\_\_\_\_ fast food and soft drinks.

4. Bad habits like eating too much sweetened food and  
going to bed late \_\_\_\_\_ harmful to our health.

5. We can \_\_\_\_\_ indoors and outdoors.

**Nhiệm vụ 2:** *Viết các từ bên dưới tương ứng với giải thích từ 1 đến 5.*

tidy      active      fit      dirty      healthy

1. always busy doing things, especially physical activities \_\_\_\_\_

2. good for your health \_\_\_\_\_

3. everything in order \_\_\_\_\_

4. in good shape \_\_\_\_\_

5. not clean \_\_\_\_\_

**Nhiệm vụ 3:** *Đánh dấu tích vào câu đơn*

1. Asians eat a lot of rice,  
but Europeans don't. ☐
2. Most children love fast food  
and soft drinks. ☐
3. There is a lot of fresh air in  
the countryside. ☐
4. Eat less sweetened food, and you  
won't put on weight. ☐
5. Hard-working people often stay fit. ☐