

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.