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.

LIVEWORKSHEETS

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 _____

LIVEWORKSHEETS

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. ☐

LIVEWORKSHEETS