

I. Listening Skill

Instruction: Listen to the audio and choose the correct answer.

Questions:

1. What does Kevin do every morning?
 - a. He eats junk food.
 - b. He goes jogging.
 - c. He plays badminton.
 - d. He goes swimming.

2. What does Kevin avoid eating or drinking?
 - a. Fruits and milk
 - b. Soda and junk food
 - c. Vegetables and rice
 - d. Chicken and fish

II. Speaking Skill

Instruction: Record your answer to this question.

What do you usually do to stay healthy?

III. Reading Skill

Read the text and answer the questions below.

Text:

Lisa is very careful about her health. She wakes up early and drinks a glass of water every morning. She eats oatmeal for breakfast and walks to school instead of taking a bus. In the afternoon, she helps her mother prepare dinner. She avoids fast food and sugary drinks because she wants to stay fit and energetic.

Questions:

1. What does Lisa drink every morning?

- a. Milk
- b. Juice
- c. Water
- d. Tea

2. How does Lisa go to school?

- a. By car
- b. On foot
- c. By bus
- d. By bicycle

IV. Writing Skill

Instruction: Write a short paragraph about how you keep your body healthy.

Example starter:

I usually drink a lot of water and eat fruits every day. I also try to sleep early...