

Ex 18: Circle letters



husugarth

wastrongkh

mjshipsu

qexerciseth

czhealthyp

Ex 19: Write



Ex 20: Look, read and write a / b

1. They are good for health.
2. They have lots of sugar.
3. They are not good for health.
4. They are natural.
5. They make us overweight.



Ex 21: Complete

strong good stronger shouldn't should sugar healthy

1. We eat chips every day.
2. Milk is for health and it makes bones
3. Exercise makes us
4. is bad for our teeth.

5. Walking is good
6. We should food like fruits and vegetables.

Ex 22: What are the good habits to keep health? Tick

- drink soda drink milk eat fresh fish / meat
- playing sports walk / run eat fruits
- stay up late drink lots of water

Ex 23: Match

How to stay healthy		Keys
1. wash your hands	a. a shower every day.	1
2. eat	b. healthy food.	2
3. do	c. your teeth twice a day.	3
4. take	d. before having meals.	4
5. brush	e. morning exercise every day.	5

Ex 24: About you. How do you stay healthy?

.....

.....

.....

Ex 25: Correct

1. Water is bad for your teeth.
.....
2. You should get lots of sugar.
.....
3. Milk makes bones short.
.....
4. You shouldn't eat lots of vegetables.

.....
5. Meat and fish are unhealthy food.
.....

Ex 25: Answer



1. What's the matter with Oscar?
.....

2. What should he do?
.....

3. How does he feel now?
.....

Ex 26: Answer

1. Should you swim when you have a cold?
.....

2. Should you stay in bed when you have a fever?
.....

3. Should you eat canned food?
.....

4. Should you drink lots of coffee?
.....

5. Should you have fried food every day?
.....

Ex 27: Read and answer

Hi, I'm Jason. This is what I and my friends do to stay healthy. I run in a park every day. Jack plays soccer with his friends. Tina always drinks lots of water. Ben rarely eats fast food. His mom always cooks healthy meals. Mary never stays up late. She goes to bed early.

1. How does Tina stay healthy?
2. How does Ben stay healthy?
3. How does Jason stay healthy?
4. How does Jack stay healthy?

Ex 28: Read and write T / F

Dear Long,
I'm sorry to hear that you have a fever. You should take some medicine.
You also drink enough water. You shouldn't eat fast food and shouldn't stay up late. I can bring you some books.
We miss you at school.
Love,
Nga

1. Long has a fever.
2. He should take some medicine.
3. He shouldn't drink water.
4. He shouldn't eat fast food.
5. Nga can bring Long some toys.