Skills Time!

Listening

1 Listen and write the numbers. 122









2 Listen again and write *T* (true) or *F* (false). 122

1. Joe walks to school every day. T
2. Sarah is healthy now. ____
3. Ella doesn't like water. ____
4. Pete never eats candy. ____

Speaking

3 What should you do to be healthy? Ask and answer.

1. Do you get lots of exercise?
2. What healthy food should you eat?
3. What should you drink?
4. What other ways can you be healthy?

Do you get lots of exercise? *Yes. I ride my bike and I go swimming …*

4 Describe how to live a healthy life.

You should eat lots of vegetables.

Writing: Healthy habits

5 Write about your healthy habits. Use the example to help you.

My healthy habits

I always get up early and have breakfast.
I walk to school because it's good exercise.
I like eating vegetables. They are good for me.
My mom says I should drink milk, not lemonade because it has too much sugar.
I never go to bed late.



LIVEWORKSHEETS