TASK 1 :

"Why Drinking Water Is So Important" Water is one of the most important things our bodies need. In fact, about 60% of the human body is made of water. We use water in every part of the body — from helping to digest food to controlling body temperature. Staying hydrated is essential for good health. When we don't drink enough water, we may feel tired, dizzy, or even get headaches. Dehydration, which means not having enough water in the body, can affect our brain, mood, and energy levels. Doctors recommend drinking around 8 glasses of water each day. However, this can change depending on your age, how active you are, and the weather. For example, people who exercise a lot or live in hot climates may need more water. You can also get water from other sources, such as fruits, vegetables, and soups. Foods like cucumbers, oranges, and watermelons contain a lot of water. To stay healthy, remember to drink water regularly — not only when you feel thirsty. Keeping a water bottle with you is a simple way to remind yourself.	**1. What is the main idea of the passage?** A. How to make clean water B. Why the human body is made of water C. The importance of drinking enough water D. Foods that are high in calories **2. What is dehydration?** A. Drinking too much water B. Losing weight too fast C. Not having enough water in the body D. Feeling hungry all the time **3. Which of the following is NOT a symptom of dehydration?** A. Dizziness B. Tiredness C. Hunger D. Headache **4. How many glasses of water do doctors recommend per day?** A. 6 B. 8 C. 10 D. 12 **5. Which food contains a lot of water?** A. Bread B. Chicken C. Watermelon D. Rice

TASK 2:

Match :

energy	Giữ sức khỏe	**Fill in the blanks with the correct words :** energy – improves – regularly – muscles – healthy – heart – sleep – disease
improve	Thường xuyên	
regularly	Làm khỏe cơ bắp	
Strengthen muscles	Trái tim	Doing physical exercise is one of the best ways to stay **(1)**_____. It helps you control your weight, strengthens your bones and **(2)**_____, and makes your body stronger overall. Exercise also **(3)**_____ your mood and gives you more **(4)**_____ throughout the day. People who exercise **(5)**_____ often feel happier and more
Stay healthy	Ngủ, giấc ngủ	
heart	Bệnh tật	
sleep	Cải thiện	
disease	Năng lượng	

LIVEWORKSHEETS

		confident. In addition, regular exercise is good for your **(6)**_____. It reduces the risk of serious illnesses like heart **(7)**_____, diabetes, and even some types of cancer. Finally, it helps you sleep better. Good **(8)**_____ is important for both your physical and mental health.

TASK 3:

Questions and answers about health :

1, What /the matter / you / yesterday? I / a cold.
2.Why / not you / school yesterday? Because I / toothache.
3.What / wrong / Lan /last week? She / stomachache.
4.Why / not / Nam / school yesterday? He / the flu.
5.What / should I do when I / a sore throat? You/shouldn't / eat ice cream.
6.What should I do when I / a toothache? You shouldn't / eat candy.
7.Should I talke medicine when I / the flu? Yes, of course.
8,Should I / orange juice when I /a stomachache? No, you shouldn't.

LIVEWORKSHEETS