

Lesson 2 Reading

1 Complete the sentences describing the pictures.

medicine healthy active ill rests exercises



He's ill.



She's active.



It's medicine.



He's exercising.



She rests every day.



He rests before dinner.

2 Complete the sentences. Use the words in Activity 1.

- 1 Fresh air, eating well and sleeping nine hours helps you stay healthy.
- 2 If you don't feel well, it's a good idea to rest.
- 3 If you eat bad food and don't exercise, you get ill.
- 4 You go to the chemist to buy medicine.
- 5 My mum's very active. She goes running every day.
- 6 People who exercise every day feel good.

Learning to learn

3 When you read a text, it's important to ask questions.

Write the words in the correct order to make questions that you might ask.

1 you? / fresh / Why / good /
is / air / for



3 sugar / there / Is / a / lot / of /
drinks? / fizzy / in

2 important / Why / slowly? /
to / it / eat / is

4 playing / Why / keep /
games / awake? / will / you