

1- READ THE TEXT AND WRITE "YES" OR "NO". THERE IS ONE EXAMPLE.



Fruits Are Fantastic!

Fruits and vegetables are fantastic because they help keep us healthy. Fruits and vegetables have got lots of different vitamins that our bodies need. Fruits such as oranges give us lots of vitamin C. Vitamin C helps our bodies to fight germs. Vegetables like carrots give us lots of vitamin A. Vitamin A helps our eyes to see well. It is good to eat fruits and vegetables so that we get lots of vitamins

0. FRUIT AND VEGETABLES HELP US KEEP HEALTHY. YES

1. FRUITS AND VEGETABLES HAVEN'T GOT ANY VITAMINS. _____
2. VITAMIN C IS VERY GOOD FOR OUR BODIES. _____
3. CARROTS HAVE GOT A LOT OF VITAMIN D. _____
4. VITAMIN A IS VERY GOOD FOR OUR HEART. _____
5. FRUITS AND VEGETABLES GIVE US THE VITAMINS WE NEED. _____

2- READ AND CHOOSE THE CORRECT OPTION.



Doing exercise is (0) B for your health. It helps you keep fit. It is good (1) _____ your heart, it helps you improve your appetite and it also helps you sleep better at (2) _____.

There are different types of exercises.

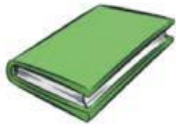
We can do some exercises in our homes and some (3) _____. When the weather is (4) _____, it is good to do exercise outdoors. You can walk, run, ride a bike or roller-skate.

Do exercise everyday. You will feel (5) _____.

0)	A. BAD	B. GOOD	C. NOT
1)	A. FOR	B. IN	C. ON
2)	A. MORNING	B. AFTERNOON	C. NIGHT
3)	A. OUTDOORS	B. IN THE BATHROOM	C. IN THE KITCHEN
4)	A. BAD	B. NICE	C. RAINY
5)	A. HUNGRY	B. TERRIBLE	C. GREAT

3) LOOK AND READ. PUT A TICK (✓) OR A CROSS (✗) IN THE BOX. THERE ARE TWO EXAMPLES.

Examples



It's a green book.

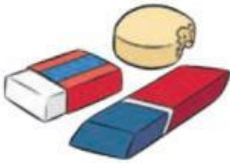


It's a crayon.



Questions

1



They're rubbers.

☐

2



They're schoolbags.

☐

3



It's a pencil case.

☐

4



It's a napkin.

☐

5



They're lemons.

☐

4-READ AND MATCH THE QUESTIONS TO THE ANSWERS.

1. How does coffee smell?	A. At 10 pm.
2. What time do you go to bed?	B. Yes! There are four.
3. Can sea turtles fly?	C. It smells delicious.
4. Are there any apples in the fridge?	D. No, they can't.
5. What do you do in Maths?	E. We do additions.

5- READ AND WRITE THE ANSWERS ABOUT YOU.

1. What 's your name? _____.
2. How old are you? _____.
3. What's your favourite school subject? _____.
4. Do you like eating vegetables? _____.
5. Have you got art on Wednesdays? _____.