

1 Match the words with the pictures. Write the correct letter (A-J) for each picture.



1. _____



2. _____



3. _____



4. _____



5. _____

WORD BANK

- A. boating
- B. cycling
- C. walk
- D. exercise
- E. running
- F. acne
- G. chapped lips
- H. chapped skin
- I. flu
- J. virus



6. _____



7. _____



8. _____



9. _____



10. _____

2 Choose the correct answer. Circle A, B, C, or D.

1. Going outside and doing sports is an _____ activity.
A. indoor B. active C. outdoor D. quiet
2. Cycling and running are good forms of _____.
A. illness B. exercise C. food D. habit
3. You should drink warm water to prevent the _____.
A. sunburn B. flu C. acne D. weight
4. _____ eyes can be caused by using your phone too long.
A. Tired B. Red C. Dry D. Chapped
5. Wearing a hat and sunscreen can help you avoid _____.
A. acne B. sunburn C. flu D. pimple
6. Eating too much fast food may make you _____.
A. fit B. put on weight C. energetic D. healthy
7. You should _____ your hands before meals.
A. wash B. brush C. dry D. wipe
8. _____ is a very important nutrient for our body.
A. Vitamin B. Protein C. Fat D. Sugar
9. It's a good idea to _____ enough sleep every night.
A. take B. have C. get D. make
10. The doctor gives us _____ when we are sick.
A. advice B. exercise C. game D. homework

3 Fill in the blanks with the words in the box.

healthy
breakfast

flu
soap

sunburn
energy

water
fresh air

exercise
mask

1. Eating a nutritious _____ gives you energy for the day.
2. Drinking enough _____ every day is very important.
3. Doing regular _____ keeps you fit and strong.
4. The _____ helps kill germs and keeps you clean.
5. Getting _____ and spending time outside is good for your lungs.
6. Remember to wear a _____ when you are in crowded places.
7. You should cover your skin to avoid _____.
8. The _____ is a common illness in winter.
9. A _____ lifestyle keeps your body and mind strong.
10. Exercise gives you more _____.

4 Odd one out. Circle the odd one out.

- | | |
|---|--|
| 1. A. running B. cycling C. boating D. homework | 6. A. walk B. exercise C. run D. book |
| 2. A. acne B. pimple C. red spot D. chicken | 7. A. sunburn B. chapped skin C. dry hair D. flu |
| 3. A. soap B. shampoo C. body wash D. suncream | 8. A. mask B. hat C. lipstick D. gloves |
| 4. A. fruit B. vegetable C. fish D. chocolate | 9. A. breakfast B. lunch C. dinner D. basketball |
| 5. A. flu B. disease C. virus D. apple | 10. A. vitamin B. protein C. fat D. water |

1 Tick (✓) the simple sentences.

- ☐ 1. My brother plays basketball every weekend.
- ☐ 2. She likes milk, but her sister likes juice.
- ☐ 3. We walk to school.
- ☐ 4. The children are happy.
- ☐ 5. I eat vegetables and fruit every day.
- ☐ 6. Tom reads books in the library.
- ☐ 7. My father cooks dinner, and my mother washes the dishes.
- ☐ 8. They swim very well.
- ☐ 9. The cat sleeps on the sofa.
- ☐ 10. I do my homework after school.

5 Combine the two sentences into one simple sentences.



Example: I like apples.
I like oranges.
→ I like apples and oranges.

- | | | |
|---|---|-------|
| 1. She drinks milk. She drinks juice. | → | _____ |
| 2. We play football. We play basketball. | → | _____ |
| 3. Tom reads comics. Tom reads storybooks. | → | _____ |
| 4. My mother buys vegetables. My mother buys fruit. | → | _____ |
| 5. They visit Hanoi. They visit Da Nang. | → | _____ |
| 6. The baby smiles. The baby laughs. | → | _____ |
| 7. I clean my room. I clean my desk. | → | _____ |
| 8. My father watches news. My father watches sports programmes. | → | _____ |

2 Choose the correct sound. Circle /f/ or /v/.

- | | | |
|-----------------|-----|-----|
| 1. ____an | /f/ | /v/ |
| 2. ____ish | /f/ | /v/ |
| 3. ____egetable | /f/ | /v/ |
| 4. ____ork | /f/ | /v/ |
| 5. ____ase | /f/ | /v/ |
| 6. ____our | /f/ | /v/ |
| 7. ____ideo | /f/ | /v/ |
| 8. ____lag | /f/ | /v/ |
| 9. ____ruit | /f/ | /v/ |
| 10. ____iolin | /f/ | /v/ |

4 Complete the words with f or v.

- | | |
|------------------|-----------------|
| 1. ____an | 6. ____ork |
| 2. ____ish | 7. 1. ____ideo |
| 3. ____ase | 8. 8. ____our |
| 4. ____ruit | 9. ____iolin |
| 5. ____egetable | 10. ____lag |