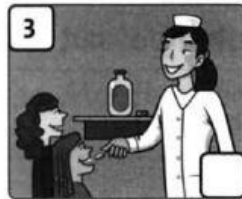
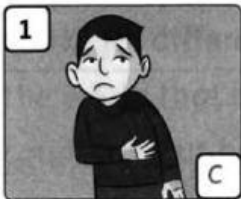


12

What's the matter?

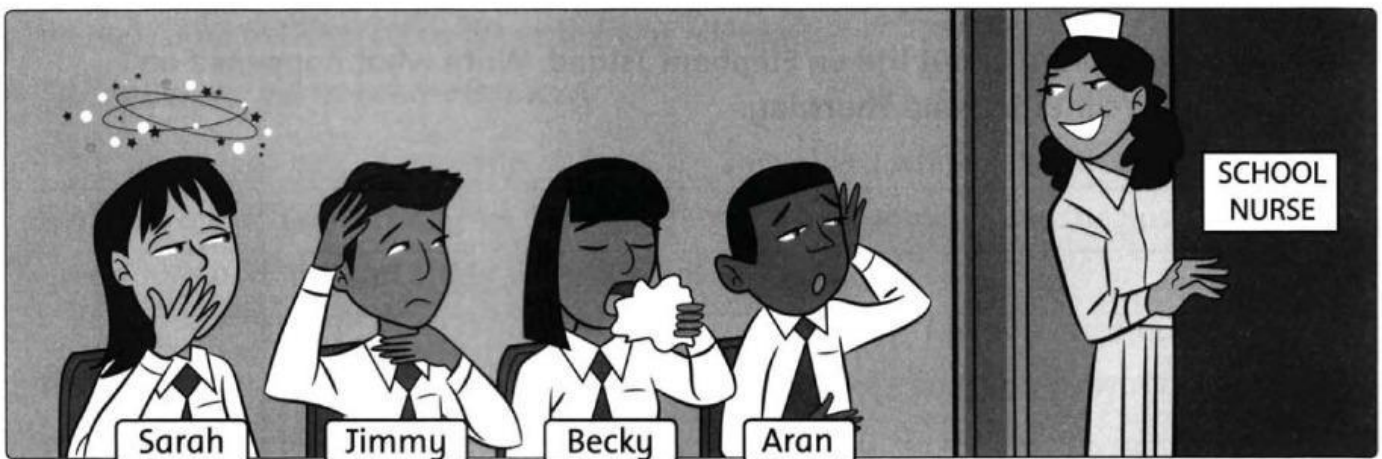
Lesson One Words

1 Match the sentences with the pictures.



- a I've got a headache.
- b She feels sick.
- c He's got a stomach ache.
- d I feel dizzy.
- e He's got a cold.
- f She's got a sore throat.
- g I've got a cough.
- h He's got an earache.
- i They're taking medicine.

2 Look and write.



Today, four children went to see the school nurse because they were feeling ill.

Jimmy had a ¹ headache and a ² s t . Sarah felt ³ s and ⁴ d . Becky had a bad ⁵ c and a ⁶ c . Aran had a ⁷ s a and an ⁸ e . The nurse gave the children some ⁹ m and glasses of water. She phoned their parents so that they could go home.

1 Read and circle.

- 1 On school days, you should / shouldn't get up early.
- 2 You should / shouldn't get dressed quickly.
- 3 You should / shouldn't run in the kitchen.
- 4 You should / shouldn't be late for school.
- 5 You should / shouldn't listen to the teacher.
- 6 You should / shouldn't talk when the teacher is talking.
- 7 You should / shouldn't always try your hardest.



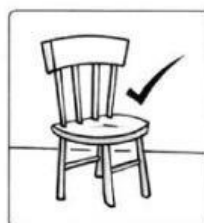
2 Look at the pictures. Write what each child *should* or *shouldn't* do to feel better.



Julia



Alex



Lizzy



James



Emily



Ben

1 Julia has got a cold . She should drink orange juice .

2 Alex _____ . He _____ .

3 Lizzy _____ . She _____ .

4 James _____ . He _____ .

5 Emily _____ . She _____ .

6 Ben _____ . He _____ .

Lesson Three Grammar 2

1 Write.

could couldn't can can't



Nine years ago,
I was a happy baby ...

When I was a baby, I ¹ couldn't walk or talk.

But I ² _____ sleep and play every day.

Now I have to go to school every day, so I ³ _____ play
all day anymore. But now I ⁴ _____ ride a bike, swim
and speak two languages.

2 Write about what people *could* and *couldn't* do 200 years ago.

use a computer write with a feather watch TV go to school by horse and cart

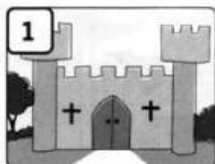
1 What could people do 200 years ago?

People could _____

2 What couldn't they do 200 years ago?

Lesson Four Phonics and Spelling

1 Circle the correct ending. Write the words.



le al
castle



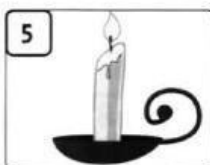
le al _____



le al _____



le al _____



le al _____



le al _____

2 Write a sentence using each word.

1 (sandal) _____

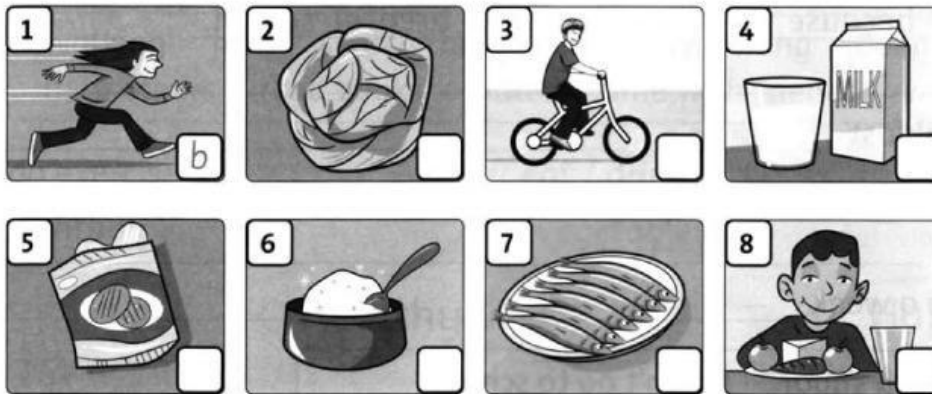
2 (table) _____

3 (people) _____

4 (hospital) _____

Reading

1 Match the words with the pictures.



- a fit
- b energy
- c healthy
- d crisps
- e sugar
- f calcium
- g cabbage
- h sardines

2 Write, using the words above.

- 1 People who exercise every day want to be fit.
- 2 _____ are a type of fish that have a lot of calcium.
- 3 To be _____, you have to eat a good diet and drink lots of water.
- 4 _____ are made from potatoes. They have a lot of salt and fat.
- 5 When you can do things without getting tired, you've got lots of _____.
- 6 Chocolate and sweets have got a lot of _____.
- 7 A _____ is a big round vegetable.
- 8 You need _____ to help your bones grow.

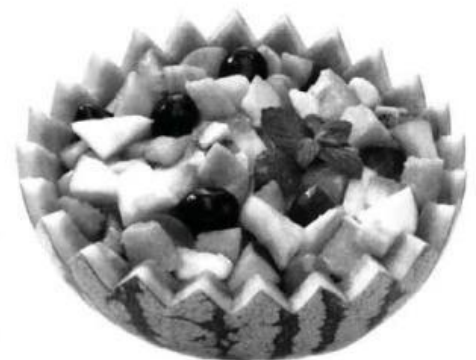
3 Read the Class Book. Answer the questions.

- 1 What exercise can you do if you don't like team sports?
You can walk to school, go swimming or skating.
- 2 What types of food contain too much sugar?

- 3 Which drinks are healthy?

- 4 Which drink has lots of sugar?

- 5 Which has more calcium, yogurt or cabbage?



Writing

1 Complete the sentences with *so* and *because*.

- 1 I always go to bed early because I don't want to be tired at school.
- 2 I was ill yesterday _____.
- 3 I drink milk with my breakfast _____.
- 4 I go to my dance class _____.
- 5 I woke up late yesterday _____.
- 6 I only eat chocolate once a week _____.

I don't want to eat too much sugar

I didn't go to school

~~I don't want to be tired at school~~

I want to be fit

I missed the school bus

it has got a lot of calcium

2 Read the leaflet and circle *so* and *because*.

Don't catch a cold!

It's horrible to have a cold. You sneeze and cough. Your nose runs and you can feel very tired or have a headache.



What can you do to stop getting a cold?

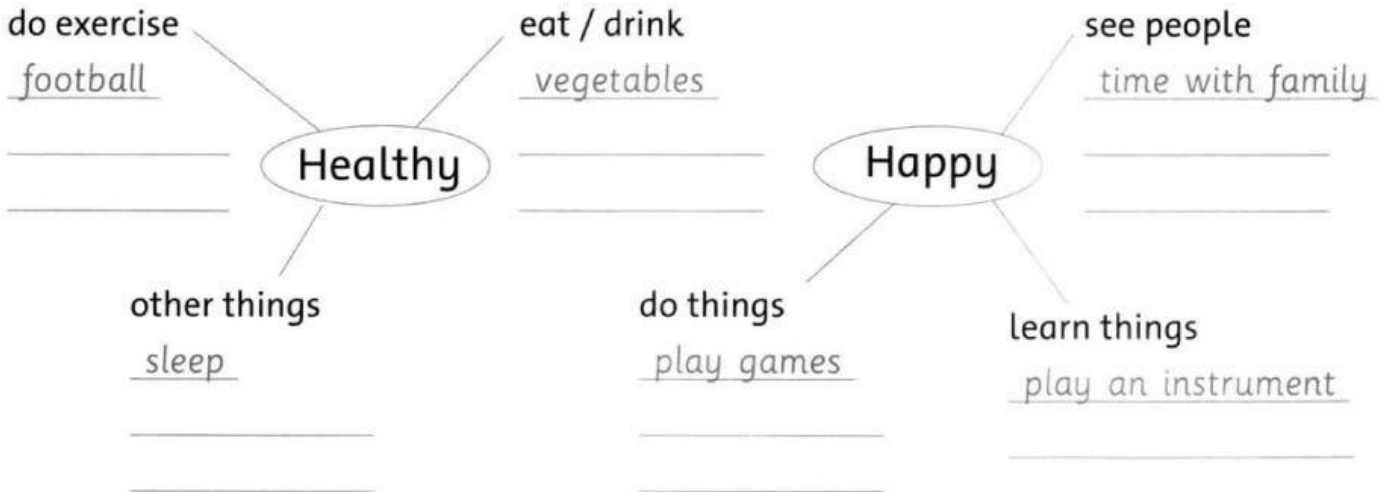
- ◆ Fresh air helps, so open windows and go for walks outside.
- ◆ Wash your hands often because hands which are not clean can spread colds.
- ◆ Eat a healthy diet to keep your body strong. Fruit is especially important and scientists think oranges can help because they have a lot of vitamin C.
- ◆ Get lots of sleep because when you are tired you can get ill more easily.

If you are unlucky and do get a cold, what can you do to avoid giving it to others?

- ◆ Colds are passed on through the air, so don't cough or sneeze near other people's faces.
- ◆ Use tissues when you blow your nose or sneeze. Then put the tissue in the bin and wash your hands.
- ◆ Don't share cups because you can pass on a cold this way, too.

3 Complete the mind map.

walking fruit search the Internet swimming open windows listen to music
help others read books water time with friends wash hands



My writing

4 Write a leaflet about how to be healthy and happy. You can use the phrases from Exercise 3 or choose new ones.

How to be healthy and happy
