

1 Match the words with the pictures.

- | | |
|------------------------|-------------------|
| 1. soft drink | 6. vegetarian |
| 2. sunburn | 7. exercising |
| 3. vitamin | 8. skin condition |
| 4. coloured vegetables | 9. fast food |
| 5. fit | 10. dim light |



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____

2 Choose the correct word.

- My sister a lot of water every day.
A. drinks B. drink C. drinking
- We shouldn't too much fast food.
A. eat B. to eat C. eating
- Exercising keep you fit.
A. helps B. help C. helping
- Too much sun can cause
A. sunburn B. vitamin C. soft drink
- I prefer food.
A. vegetarian B. fast C. coloured

3 Complete the sentences with the words in the box.

skin condition	soft drink	coloured vegetables	fit
sunburn	vitamin	exercising	vegetarian

- I try to eat more to stay healthy.
- Too much sun can cause
- Drinking a lot of is not good for your health.
- Regular helps me keep
- A healthy diet with enough can improve your health.

**Good
Habits
Brighter
Days!**

5 Circle the odd one out.

- | | | | |
|--------------|------------|----------------|---------|
| 1 soft drink | juice | water | carrot |
| 2 sunburn | exercise | vitamin | fit |
| 3 pizza | burger | fast food | apple |
| 4 vegetarian | vegetables | fruit | chicken |
| 5 acne | pimples | skin condition | tomato |

**You
can do it!**



1 Match the words with the pictures. (Nối từ với tranh)

1



.....

2



.....

3



.....

4



.....

5



.....

6



.....

7



.....

8



.....

2 Fill in the blanks with the words from the box. (Điền từ vào chỗ trống)

affects	avoid	tips
enough sleep	fast food	special soap

- Acne many young people.
- We should junk food.
- Here are some for healthy skin.
- Go to bed early and get
- Wash your face with
- Eating less is good for your health.

3 Choose the correct word. (Chọn từ đúng)

- Acne is a
A. skin condition B. fruit C. drink
- We should eat more
A. soap B. vegetables C. spots
- Don't your spots.
A. pop B. sleep C. wash
- Too much junk food is not
A. healthy B. early C. enough

Healthy Skin
Happy You!

4 Unscramble the words. (Sắp xếp chữ cái)

- cnea →
- aftfce s →
- aiodv →
- sipt →
- jruk doof →
- special paos →



You Can Do It! ♥

5 Make meaningful sentences. (Sắp xếp từ thành câu)

- acne / is / a / skin condition
.....
- we / should / avoid / junk food
.....
- we / need / enough sleep
.....
- don't / touch / your / spots
.....
- eat / more / fruit and vegetables
.....

