

1 ★ Look at the pictures. Complete the words.



I'm OK today, but my sister is very t i r e d.



1 Julie is very a llll, but her sister is l lll.



2 Oscar is u nefit, but his dad is very f at.



3 Ollie eats h ealthy food, but Martin eats u nhealthy food.



4 Murat is w eet, but his brother is i ll today.



5 Katy is h appy, but Billy is t histly!

2 ★★ Complete the dialogues with the words.

active fit lazy healthy hungry
ill thirsty tired unfit

'Is your grandfather very active?'

'Yes, he goes out for a walk every day.'

1 'Look, Paul is sitting down.' 'Is he after the game of football?'

2 'Can you run up this mountain with me?' 'No! I'm very because I never do any exercise.'

3 'Do you want a drink?' 'Yes, please. I'm very .'


4 'Fatma isn't at school.' 'Is she ?'

5 'Is this drink ?' 'No, it's very bad for you.'

6 'My brother never helps with the housework!' 'Is he always at home?'

7 'I'm really !' 'It's OK. I can make you a sandwich.'

8 'Is Sifa ?' 'Yes, she swims and plays basketball every week.'

- 3 ★★  09 Listen to Poppy and Ben answer the quiz. Write P next to Poppy's answers and B next to Ben's answers.

How healthy are you?

- 1 It's a hot day and you're thirsty. What do you drink?
a P Some cold water.
b A very cold fizzy drink.
c Some juice, like apple or grape juice.
- 2 It's 11 a.m. and you're hungry. What do you eat?
a A healthy snack – maybe an apple or a pear.
b A lot of crisps or some chocolate.
c A small sandwich.
- 3 It's 9.30 on Saturday morning. What are you doing?
a I'm walking into town. I'm always active.
b I'm in bed. I'm quite lazy sometimes.
c I'm playing basketball. I'm really fit!



- 4 ★★  09 Listen again and write *true or false*.

Poppy sometimes has fizzy drinks.

1 Ben doesn't drink much water.

2 Poppy has school dinners.

3 Ben can have chocolate or crisps at school.

4 Poppy sometimes plays basketball after school.

5 Poppy is very fit.

6 Ben gets up at 10.30.

false

5  Complete the sentences.

When I'm ill, *I sometimes go to the doctor.*

I'm unfit because *I don't do any exercise.*

1 I'm fit / unfit because I

2 When I'm hungry, I

3 When I'm thirsty, I

4 If I'm tired, I

5 I eat healthy food like

6 I sometimes eat unhealthy food such as