



I. Listen and fill in the blank.

STAYING HEALTHY



(1) or playing (2)
can't help you to stay fit.

If you don't like (3) you can walk to
school, (4)or try skating instead.

Regular exercise gives you more (5)

Sweets, (6) and crisps

contain (7)sugar, fat and (8)

(9)and (10)help you
to stay healthy and grow strong.

Eating a lot of sugar is (11)for your teeth.



II. Listen again. Choose True (T) or false (F).

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|---|----------|----------|
| 1. Playing sports can make you fit. | T | F |
| 2. Regular exercise does not make you feel stronger. | T | F |
| 3. It is fun to eat sweets, chocolate and crisps sometimes. | T | F |
| 4. Make sure to eat vegetables every meal. | T | F |
| 5. It is bad to drink lots of water and milk. | T | F |
| 6. One can of Cola contains about 19 teaspoons of sugar. | T | F |

III. After listening.

What about you?

1. What do you do to keep fit every day?

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2. What food do you eat to be healthy?

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