Staying healthy

Vocabulary exercise

a) Complete each sentence with the words in the box below.

Soda - Twice - Milk - Meat - Park - Donuts

1. I drink _____in the morning because it is good for my bones
2. On September 18th we use to eat _____ because my dad does barbecue every year
3. I go out with my dog to the _____ every day at least one hour
4. My mom hates when I drink _____ because she says it is bad for my health
5. I normally wash my teeth _____ a day
6. I love eating _____ It is my favourite food

Read the text and then develop the following items.



Hi, I'm Max I don´t like vegetables, I hardly ever eat them, I like eating pizza, french fries or donuts for lunch but I don't eat meat at all. Sometimes mom makes me drink some milk in the evenings but I don't really like it I prefer soda, however I don't drink soda every day but I do it like four times a week, the other days I drink orange juice or water. In my daily life, I like playing video games with my friends, I spend 5 hours on my computer and twice a week I play football in the park with my older brother and his friend.

b) Write 4 advices for Max In order to have a healthy life using should or shouldn't.

Example: You should try to eat more vegetables at lunch.

1.
2.
3.
4.

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c) Classify the following statements writing "H" if it is healthy or "UN" if it is unhealthy in the blank space.

1. I don't like vegetables, I hardly ever eat them _____
2. Sometimes mom makes me drink some milk in the evenings _____
3. I don't drink soda every day but I do it like four times a week _____
4. I drink orange juice or water _____
5. I spend five hours on my computer _____
6. Twice a week I play football in the park with my older brother and his friend. _____

c) Underline the advice that best fits the situation of each character.

Example:

 **Chihiro gets too tired when running or walking**	**She should eat more vegetables to have more energy/ She should stay in bed all day**

 **Shoyo wants to have more energy to jump when playing volleyball**	**He should eat more vegetables/ He shouldn't drink milk in the morning**
 **Izuku wants to decrease the number of hours he plays video games**	**He should set an alarm on / He should play one more hour**

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 **Zenitsu wants to sleep at least 8 hours every day**	**He shouldn't go to bed early/ he shouldn't go to bed at 12 am**
 **Sasuke feels so stressed and he doesn't know what to do feel relaxed**	**He shouldn't eat hamburgers/ he should meditate**

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