

LISTENING

Listen to the track and fill in the gaps.

Healthy Life

Most people only think of their 1_____ when they are sick. But the important thing is learning how to 2_____ our body from illnesses. 3_____ exercise is a good way to stay healthy. How much exercise is enough? There are different ideas about it. Some people claim that doing simple things are helpful such as 4_____ chores. Another idea is doing heavy 5_____ like swimming and running are enough. Actually, any kind of exercise is good for health. A healthy diet helps a good health too. You should eat 6_____ and 7_____ every day. Fibrous food like 8_____ and grains helps your body to 9_____ the food you eat. You ought to 10_____ food with a lot of sugar, salt and fat. They cause many health problems. Briefly, eat healthy live happy.

SPEAKING

Read the questions below.

1. You have a headache, what should / shouldn't you do?

2. You're overweight, what should/ shouldn't you do to lose weight?

SORU 1.

WHAT'S WRONG WITH ME?

A) FALLING B) RISING

SORU 2:

IS ANYONE INJURED?

A) FALLING B) RISING

SORU 3:

DO YOU HAVE A FEVER?

A) FALLING B) RISING

SORU 4:

HOW CAN I HELP YOU?

A) FALLING B) RISING

SORU 5:

DO I HAVE TO WEAR A HELMET?

A) FALLING B) RISING

SORU 6:

WHERE DID IT HAPPEN?

A) FALLING B) RISING