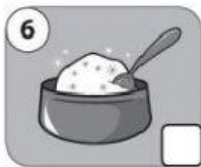


Unit 12: What's the matter?

Lessons 5+6

1. Match the words with the pictures



- a fit
- b energy
- c healthy
- d crisps
- e sugar
- f calcium
- g cabbage
- h sardines

2. Write, use the words above

- 1 People who exercise every day want to be fit.
- 2 Crisps are a type of food that have a lot of salt and fat.
- 3 To be healthy, you have to eat a good diet and drink lots of water.
- 4 Energy are made from potatoes. They have a lot of salt and fat.
- 5 When you can do things without getting tired, you've got lots of energy.
- 6 Chocolate and sweets have got a lot of sugar.
- 7 A cabbage is a big, round vegetable.
- 8 You need calcium to help your bones grow.

3. Read the classbook. Answer the questions

- 1 What exercise can you do if you don't like team sports?
You can walk to school, go swimming or go skating.
- 2 What types of food contain too much sugar?

- 3 Which drinks are healthy?

- 4 Which drink has lots of sugar?

- 5 Which has more calcium: yogurt or cabbage?



1. Complete the sentences with "so" and "because"

I don't want to eat too much sugar I didn't go to school I missed the school bus
~~I don't want to be tired at school~~ I want to be fit it has got a lot of calcium

- 1 I always go to bed early because I don't want to be tired at school .
- 2 I was ill yesterday _____ .
- 3 I drink milk with my breakfast _____ .
- 4 I go to my dance class _____ .
- 5 I woke up late yesterday _____ .
- 6 I only eat chocolate once a week _____ .

2. Read the leaflet and circle "so" and "because"

Don't catch a cold!

It's horrible to have a cold. You sneeze and cough. Your nose runs and you can feel very tired or have a headache.



What can you do to stop getting a cold?

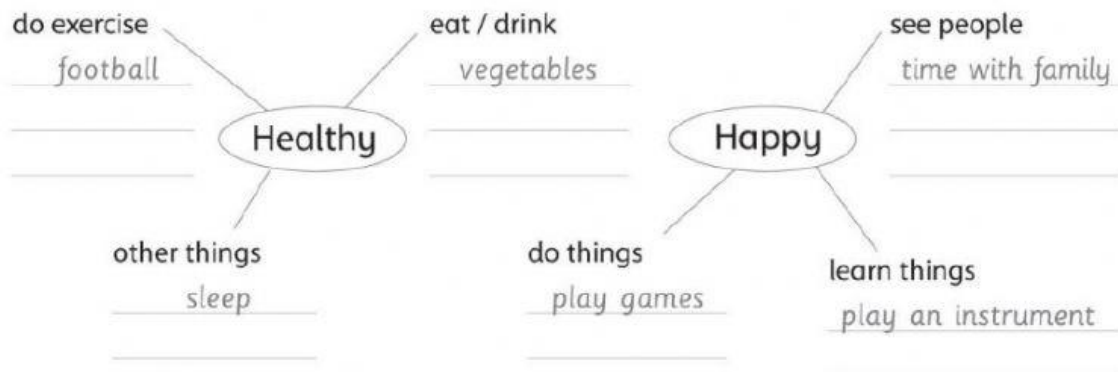
- ◆ Fresh air helps, so open windows and go for walks outside.
- ◆ Wash your hands often because hands which are not clean can spread colds.
- ◆ Eat a healthy diet to keep your body strong. Fruit is especially important and scientists think oranges can help because they have a lot of vitamin C.
- ◆ Get lots of sleep, because when you are tired you can get ill more easily.

If you are unlucky and do get a cold, what can you do to avoid giving it to others?

- ◆ Colds are passed on through the air, so don't cough or sneeze near other people's faces.
- ◆ Use tissues when you blow your nose or sneeze. Then put the tissue in the bin and wash your hands.
- ◆ Don't share cups because you can pass on a cold this way too.

3. Complete the mind map

walking fruit search the Internet swimming open windows listen to music
help others read books water time with friends wash hands



4. Write the leaflet about how to be healthy and happy. You can use the phrases from exercise 3 or choose new ones.

[illegible]