



A We use the imperative to give instructions or orders. Match the imperative with the correct picture.

- a Don't smoke b Don't drink alcohol c Be quiet
d No dogs allowed e Read instructions



READING



A Match the pictures with the correct paragraph.



Top Tips for Staying Healthy

Staying healthy can be difficult, especially when you are busy and working a lot. Here are some of the top tips for staying healthy!

1 _____

Doing exercise is the best way to stay fit and healthy. Doing team sports like basketball and volleyball are fun and active, and you can do them with your friends. When you are outside in the sunshine you are also happier, which makes it easier to do sports and be active.

2 _____

Choose an activity that you enjoy. If you hate jogging, then try something different. Activities like dancing are great fun and they are also really good for your body. You can dance with friends and family, and you can also dance at home when no one is watching you. It is always easier to be active when you enjoy what you're doing!

3 _____

You should eat healthy food like fruit and vegetables. Fruit and vegetables have a lot of vitamins in them that keep your body healthy. You also need to eat a balanced diet. This means you should get protein and carbohydrates. Going on diets isn't the best way to stay healthy because it is difficult keep doing it. Try to balance good food with exercise and you will feel great.

4 _____

Everyone knows that smoking is bad for your health. Smoking also makes it difficult to do sports and exercise.

Remember, there are lots of different ways to stay healthy. You should be active for at least 20 minutes a day. You can dance at home when you are getting ready for work, or go jogging in the park with your friends. Make sure you eat healthy food and always have fun!

READING – DETAILED



A Match the headings with the correct paragraph.

1 have fun 2 don't smoke 3 be active 4 eat well



B Read the text again and answer the questions.

- 1 Why is it difficult to stay healthy?
- 2 When is it easier to do sports and be active?
- 3 Why should you do something you enjoy?
- 4 Why are fruit and vegetables good for you?
- 5 What is a balanced diet?
- 6 Why aren't diets a good way to stay healthy?
- 7 How much exercise should you do every day?