



UNIT 2 HEALTHY HABITS. READING HOW TO STAY HEALTHY

Chapter 4: FOOD AROUND THE WORLD

A. Find the words in the word search and write in the squares.

O	L	I	V	E	O	I	L	O	G
L	A	V	E	G	E	T	I	V	G
I	S	A	G	I	C	E	S	C	P
R	I	C	E	M	B	O	A	B	O
O	F	O	T	E	R	A	L	N	U
F	R	U	A	S	M	D	A	J	Y
M	U	O	B	R	E	A	D	M	T
R	I	C	L	O	A	L	A	N	R
S	T	T	E	L	T	A	D	S	D
A	F	I	S	H	A	L	S	V	F

B. Drag and drop the words in the correct sentence.

Chopsticks	Fat	Iron	Quinoa	Rice	Salad	Tomatoes
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- 1.- In Japan, people eat lots of _____.
- 2.- Food in Japan doesn't have much _____.
- 3.- In countries near the Mediterranean Sea, people eat lots of bread, _____ and fruit.
- 4.- In Peru and Bolivia, some people eat rice or _____ with meat and potatoes.
- 5.- Scientist think that _____ can help you to stay healthy.
- 6.- In Asia many people use _____ to eat food.
- 7.- Quinoa has lots of proteins, fiber and _____.



Chapter 5: WHY DO YOU WASH?

A. Choose the correct expression.

- 1.- The microbes **on your hands / in your mouth** can damage your teeth.
- 2.- Brush your teeth to wash away the **toothpaste / microbes**.
- 3.- To keep your teeth healthy, go to the **dentist / doctor**.
- 4.- Don't eat too much food **vitamins / sugar**.

B. TRUE and FALSE.

1	TRUE	FALSE	All microbes are dangerous.
2	TRUE	FALSE	Some microbes can make you sick.
3	TRUE	FALSE	Meat that is not cooked has dangerous microbes.
4	TRUE	FALSE	It is important to keep your teeth clean.
5	TRUE	FALSE	When you eat food with sugar, the microbes in your mouth eat the sugar too.

Chapter 6: EXERCISE FOR EVERYONE.

A. Complete these sentences with the words given.

Bones	Good	Healthy	Muscles	Problems	Work
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Why is exercise good ?

- 1.- it helps to make your _____ and _____ stronger.
- 2.- It protects you from health _____.
- 3.- It makes you feel _____.
- 4.- It helps you to _____ better at school.
- 5.- It helps you to stay _____.

B. Match the two halves of the sentences. WRITE THE LETTER NEXT TO THE NUMBER

1	Needs to do exercise	A.- Some exercise every day
2	Everyone is not only for	B.- And most people can do it.
3	You need to do	C.- Go to the sports center every day
4	Swimming is a good exercise,	D.- To stay healthy
5	Many people with disabilities	E.- Can do team sports and athletics
6	You don't have to	F.- Young, healthy people.



C. Order the words TO CREATE A LOGICAL SENTENCE.

Exercise / healthy . / stay / do / needs / Everyone / to / to	Everyone needs to do exercise to stay healthy .
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1	Health problems . / Exercise / you / protects / from	
2	only / young / for/ Exercise / people . / isn't	
3	good / a / Swimming / exercise . / is	
4	sports / the / You / in / play / park . / can	
5	helps / you / school . / better / at / Exercise / work / to	