Unit 2 HEALTHY LIVING

THIS UNIT INCLUDES:

Vocabulary
- Healthy activities
- Health problems

Pronunciation
Sounds: /f/ and /v/

Grammar
Simple sentences

Skills
- Reading about acne
- Talking about how to deal with some health problems
- Listening to some advice about healthy habits
- Writing a paragraph of some advice to avoid viruses

Everyday English
Asking for and giving health tips

GETTING STARTED

Let's go out!

1 Listen and read. 8

Mi: This is a nice picture, Mark.

Mark: That's my dad and I boating at Yen So Park.

Mi: I also see a lot of people exercising there.

Mark: Yes, it's a popular place for people in my neighbourhood.

Mi: Outdoor activities are good for our health. My family often goes cycling in the countryside. It's quiet, and there's a lot of fresh air.

Mark: It sounds interesting.

Mi: Yes, it's lots of fun. We also bring fruit, water, and a lunch box with us.

Mark: I'd love to join you next time.

Mi: Sure. Bring along a hat and suncream.

Mark: Why suncream?

Mi: It's really hot and sunny at noon, so you might get sunburn.

Mark: I see.



LIVEWORKSHEETS

2 What are Mark and Mi talking about?

A. Health problems
B. Healthy activities
C. Sports and games

3 Write a word or phrase from the box under its picture.

boating	suncream	lunch box
sunburn	cycling	







1. _____ 2. _____ 3. _____





4. _____ 5. _____

4 Complete each sentence with a word from the conversation.

1. In the picture, Mark and his father are _____.
2. The people in Mark's neighbourhood love to go to the _____.
3. Mi's family often goes cycling in the _____.
4. – I don't want to get sunburn.
   – Wear a hat and use _____.
5. Activities like running and cycling are good for our _____.

5 GAME Good / bad for health?

Work in groups.

Each student names two daily activities. The class decides whether each activity is good / bad for health. Give a reason if possible.

Example:

A: I walk to school.
B: I think it's good for your health.
A: I rarely eat breakfast.
C: It's not good. Breakfast is very important. It gives us energy for the day.

LIVEWORKSHEETS

A CLOSER LOOK 1

Vocabulary

1 **Match the phrases on the left with the correct pictures on the right.**

1. dim light
2. lip balm
3. chapped lips
4. coloured vegetables
5. red spots



2 **Complete the sentences with the correct words and phrases below.**

skin condition	soft drinks	
coloured vegetables	sunburn	fit

1. – Please name some _____.
   – Carrots and tomatoes.
2. _____ are not good for your health.
3. My parents go cycling every Sunday. It keeps them _____.
4. The weather may affect our _____.
5. – How do we get _____?
   – When we spend a long time in the sun without a hat or suncream.

3 **Work in pairs. Discuss and tick (✓) each activity in the table as H (Healthy) or U (Unhealthy).**

	H	U
1. washing your hands often		
2. reading in dim light		
3. eating tofu and coloured vegetables		
4. brushing your teeth twice a day		
5. touching your face with dirty hands		

Pronunciation

/f/ and /v/

4 **Listen and repeat. Pay attention to the sounds /f/ and /v/.** 9

activity	active
vitamin	breakfast
avoid	affect
food	fit

5 **Listen and repeat, paying attention to the underlined words.** 10

1. Coloured vegetables are good food.
2. My favourite outdoor activity is cycling.
3. We need vitamin A for our eyes.
4. Being active helps keep you fit.
5. Jack never eats fish.

LIVEWORKSHEETS

A CLOSER LOOK 2

Grammar

Simple sentences

Remember!

- Some simple sentences have a subject and a verb.
  Example:
  I read.
- Some simple sentences also have an object.
  Example:
  I read science books.
- Some simple sentences also have an adverb.
  Example:
  I read science books every weekend.

1 **Tick (✓) the simple sentences.**

1. The Japanese eat a lot of tofu. ☐
2. She drinks lemonade every morning. ☐
3. I don't eat fast food, and I don't drink soft drinks. ☐
4. I am fit. ☐
5. I like fish, but my sister likes meat. ☐

2 **Underline and write S for the subject and V for the verb in each simple sentence below.**

1. Vegetarians eat a lot of vegetables and fruit.
2. Acne causes black and white pimples on the face.
3. On Saturdays, my brother often spends two hours exercising at the sports centre.
4. My mother didn't buy my favourite cheesecake.
5. We are not cleaning up our community library.

3 **Rearrange the words and phrases to make simple sentences.**

1. soft drinks / never / my sister / drinks /.

   _____

2. affects / acne / 80% of young people /.

   _____

3. has / he / for breakfast / bread and eggs /.

   _____

4. don't eat / we / much fast food /.

   _____

5. a lot of vitamins / fruit and vegetables / have /.

   _____

4 **Write complete sentences from the prompts. You may have to change the words or add some.**

1. tofu / be / healthy.

   _____

2. many Vietnamese / drink / green tea.

   _____

3. she / not / use / suncream.

   _____

4. father / not / exercise / every morning.

   _____

5. most children / have / chapped lips and skin / winter.

   _____

LIVEWORKSHEETS