passage.			
		ide, and they have a big garden. They sp	
		sit them in summer, I often join them in	the
	y teach me a lot of		
differently as we	ll Carrots and note	es, sizes, and (2) They also goes grow (3)the ground. We do	Jrow
		a high net to grow. Cabba	
		ound. My grandfather says that colo	
		they provide a lot of na	
		in vitamin C. Orange carrots	
red tomatoes co	ontain vitamin A. (7	have vitamins A, B, C, and E	. My
		g is a good way of (8) It helps	him
keep fit and stro			
1. A. health	B. vegetables	C. exercise	
2. A. colours	B. prices	C. weight	
3. A. above	B. on	C. under	
4. A. need	B. provide	C. have	
5. A. and	B. because	C. so	
6. A. rich	B. poor	C. low	
7. A. Chicken	B. Fish	C. Pumpkins	
8. A. resting	B. relaxing	C. exercising	
Read the pass	age and choose	ne correct answer A, B, or C.	
		country in the world. The secret is	their
		<mark>s on</mark> healthy fats <mark>and pro</mark> teins. This inclu	
		od (especially fi <mark>sh),</mark> and veggies. Spa	
		of the most delicious salads in the w	
		<mark>Span</mark> ish suffer from fewer disease <mark>s thar</mark>	the
rest of the world			
		ental health is important too. Eight or	
	The state of the s	? A major reason is the weather. Spain other reason is that Spain is home to a l	
		ijoy the simple pleasures of life.	ively
The second secon	was number		
A. one	B. two	C. ten	
	anean diet includes		
A. IOLS OF VEGE	etables B. red	neat C. potato soup	
3. Spanish peop	la		

A. beaches

5. The Spanish enjoy_

A. good food

4. Beautiful _____ makes the Spanish happy.

B. houses

B. simple pleasures

C. weather

C. good education



E. Writing

People / Iceland / eat / lot /	rresh rish.			
6. Air pollution / be / really har	mful / our l	nealth.		
Going to bed / getting up /	early / be /	good / you	r health.	
5. Healthy food / love / laughte	er / bring /	healthy life.		
Write a reason for each tip.				
Example:				
Eat less high-fat food.				
Reason: You will put on weight	-			
Do more physical activities. Reason:				
2. Eat a lot of red fruit and veg Reason:	etables.			
5. Use eyedrops when you are Reason:	doing a lot	of reading.		
1. Keep your house clean. Reason:				
 Laugh more and stay relaxed Reason: 	d.			
Fick (√) five things you t nealthy life. Then write a sh	The state of the s			
	or c passa;	_		
take a hath		=	☐ chat with friends☐ clean your house	
take a bath		l clean		
		The second secon	ot of meat and snacks	