

Unit **2** HEALTHY LIVING

A Pronunciation

1 Circle the word with the underlined part pronounced differently. Then practise saying them aloud.

- | | | | |
|---------------|-----------|-------------|-------------|
| 1. A. cough | B. enough | C. through | D. laugh |
| 2. A. dolphin | B. uphill | C. earphone | D. alphabet |
| 3. A. night | B. tough | C. flight | D. high |
| 4. A. ate | B. about | C. amazing | D. above |
| 5. A. learn | B. early | C. earth | D. hear |

2 Say the sentences aloud, paying attention to the underlined words containing the sounds /f/ and /v/.

1. What is the benefit of playing volleyball?
2. Eat more fruit and vegetables.
3. Fruit contains a lot of vitamins.
4. Laughter and love are good for your health.
5. We should do more physical activities.

B Vocabulary & Grammar

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

rubbish
snack

fast food
house cleaning

fresh vegetables
outdoor activity



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____

2 Add three more words or phrases to each group.

1. Fruit and vegetables	pumpkin
2. Healthy activities	brushing your teeth
3. Unhealthy activities	eating a lot of salty snacks
4. Health problems	flu

3 Complete the sentences with the words and phrases below.

tofu	fit	chapped lips
weight	harms	bins

- Doing housework is a kind of exercise. It helps keep you _____.
- Some of a vegetarian's main foods are _____ and vegetables.
- Physical activities like running help you lose _____.
- There should be more _____ in public places.
- Reading in dim light _____ your eyes.
- Cold weather causes _____ and skin.

4 Write a correct word or phrase that describes each group of words.

taking a bath soft drinks house cleaning cycling fast food acne

Key words	
Example: clean water, shower gel, clean towel	<i>taking a bath</i>
1. fried chicken and chips, chain restaurants, popular	_____
2. bike, helmet, shoes, path	_____
3. sweetened drinks with a lot of gas	_____
4. black and white pimples on your body, especially on your face	_____
5. dustpan, broom, water, floor cleaner	_____

5 Rearrange the words and phrases to make simple sentences.

- a lot of / We / to prevent / garlic / eat / the flu / .

- do not / have much stress / in the countryside / People / .

- your / eyedrops / tired eyes / You / for / can use / .

- my country / Green tea / in / a popular drink / is / .

- keep you / and active / Physical activities / strong / help / .

6 Read and decide if the underlined parts are the subject (S), verb (V), object (O), or adverb (ADV) of the sentences.

Example:

I do not eat much red meat.

S V O

1. She washes her face twice a day.

2. Asian diets contain a lot of vegetables.

3. My sister uses a lot of sunscreen in summer.

4. He likes cycling in the park.

5. My mother cooks food with very little cooking oil.

C Speaking

1 Work in pairs. Discuss the tips below. Tick (✓) the tips you think are good for your health and cross (x) the ones that are not.

- ☐ 1. Don't hate people.
- ☐ 2. Skip breakfast to lose weight.
- ☐ 3. Exercise every day.
- ☐ 4. Eat until you feel 100% full.
- ☐ 5. Take a bath once a day.
- ☐ 6. Have a balanced diet for a long life.
- ☐ 7. Change your pillow cover once a month.
- ☐ 8. Keep warm in winter.

2 Discuss and give reason(s) why you agree or disagree with a tip. Then share your ideas with the class.

Example:

A: We agree with tip Number 1.

B: Why?

A: Because hating makes you tired.

A: We don't agree with tip Number 1.

B: Why not?

A: Because there are bad people, and we naturally hate them.

- 3** Work in groups. Discuss and take notes of three things you can do to keep your house clean. Then share it with your class.



Three things to do to keep your house clean:

D Reading

- 1** Read the health tips and complete each statement (1 – 6) with one word from the text.

HEALTH TIPS

- a. Eat less salt and sugar. They put us at the risk of heart disease.
- b. Drink enough water, about one and a half litres a day. Make sure that the water you are drinking is safe. Unsafe water can lead to many kinds of diseases.
- c. Do more physical activities like sport and housework. It helps keep you fit and active.
- d. Reduce sitting and screen time. Stand up every hour and do some simple exercise or walk around. Exercise your eyes too.
- e. Get seven to eight hours of good sleep each night. This helps both your mind and body work well.
- f. Handwash regularly with soap and water. Clean hands help prevent the spread of some diseases.

Statements

- 1. Eating a lot of salt or sugar can lead to _____ disease.
- 2. Drink only _____ water.
- 3. Doing housework is also a type of _____ activity.
- 4. Stand up every hour and do some _____ to reduce sitting time.
- 5. Your mind works well if you get enough good _____.
- 6. _____ regularly to prevent some diseases.