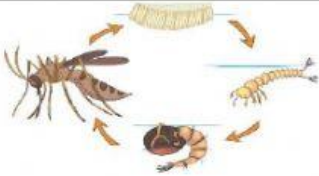
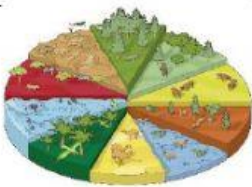


## FOOD AND HEALTH 4

1. Look and match the words in the box with the pictures:

|                                               |                                                                 |                                         |                                                           |
|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------------|-----------------------------------------------------------|
| ear infection<br>bump<br>mosquito net<br>bite | insect repellent<br>allergic reaction<br>environment<br>malaria | nectar<br>habitat<br>lifespan<br>puddle | skin rash<br>mosquito coil<br>chest infection<br>lay eggs |
|-----------------------------------------------|-----------------------------------------------------------------|-----------------------------------------|-----------------------------------------------------------|

|                                                                                     |                                                                                     |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|     |    |    |    |
|    |    |    |    |
|    |   |   |   |
|  |  |  |  |

Read and choose the best answer:

Each year, the mosquito-borne disease called \_\_\_\_\_ kills half a million people.

|                       |            |              |
|-----------------------|------------|--------------|
| a. mosquito repellent | b. malaria | c. skin rash |
|-----------------------|------------|--------------|

Male mosquitoes have a \_\_\_\_\_ of about 10 days.

|             |           |                      |
|-------------|-----------|----------------------|
| a. lifespan | b. nectar | c. allergic reaction |
|-------------|-----------|----------------------|

We can protect the \_\_\_\_\_ and save money by recycling.

|                    |                   |                       |
|--------------------|-------------------|-----------------------|
| <b>a.</b> lifespan | <b>b.</b> habitat | <b>c.</b> environment |
|--------------------|-------------------|-----------------------|

The giraffe's natural \_\_\_\_\_ is grasslands.

|                   |                  |                       |
|-------------------|------------------|-----------------------|
| <b>a.</b> habitat | <b>b.</b> nectar | <b>c.</b> environment |
|-------------------|------------------|-----------------------|

I think we need to sleep under a \_\_\_\_\_ tonight because there are a lot of mosquitoes in here.

|                         |                        |                              |
|-------------------------|------------------------|------------------------------|
| <b>a.</b> mosquito coil | <b>b.</b> mosquito net | <b>c.</b> mosquito repellent |
|-------------------------|------------------------|------------------------------|

Yesterday, my sister had a \_\_\_\_\_. Her skin turned reddish, and she felt itchy all over her face.

|                           |                |                     |
|---------------------------|----------------|---------------------|
| <b>a.</b> chest infection | <b>b.</b> bump | <b>c.</b> skin rash |
|---------------------------|----------------|---------------------|

\_\_\_\_\_ in fruits and vegetables gives us healthy hair and skin.

|                                 |                 |                   |
|---------------------------------|-----------------|-------------------|
| <b>a.</b> Vitamins and minerals | <b>b.</b> Fibre | <b>c.</b> Calcium |
|---------------------------------|-----------------|-------------------|

\_\_\_\_\_ helps your body to grow and build muscles.

|                   |                                 |                   |
|-------------------|---------------------------------|-------------------|
| <b>a.</b> Calcium | <b>b.</b> Vitamins and minerals | <b>c.</b> Protein |
|-------------------|---------------------------------|-------------------|

He had \_\_\_\_\_, so he stopped drinking and smoking.

|                            |                         |                   |
|----------------------------|-------------------------|-------------------|
| <b>a.</b> an ear infection | <b>b.</b> a sore throat | <b>c.</b> malaria |
|----------------------------|-------------------------|-------------------|

My sister never goes out without wearing sun cream and \_\_\_\_\_.

|                          |                              |                  |
|--------------------------|------------------------------|------------------|
| <b>a.</b> a mosquito net | <b>b.</b> mosquito repellent | <b>c.</b> a bump |
|--------------------------|------------------------------|------------------|

Last week, I had \_\_\_\_\_ from drinking camel milk.

|                            |                         |                             |
|----------------------------|-------------------------|-----------------------------|
| <b>a.</b> an ear infection | <b>b.</b> a sore throat | <b>c.</b> allergic reaction |
|----------------------------|-------------------------|-----------------------------|

**Read and answer the following questions:**

Are mosquitoes dangerous? Why?

---

What should we do to protect us from mosquito bites?

---

---

**2. Complete the sentences using "fewer, less, more, many, much":**

You should eat \_\_\_\_\_ fruits and vegetables because they help digest food properly.

You should drink \_\_\_\_\_ soft drinks and \_\_\_\_\_ juice.

You shouldn't eat too \_\_\_\_\_ sugar because it can lead to weight gain.

If you want to sleep well, you should drink \_\_\_\_\_ coffee at night.

You should eat \_\_\_\_\_ cookies and cupcakes because they contain a lot of sugar.

You don't need to buy \_\_\_\_\_ apples. We have enough at home.

You should eat \_\_\_\_\_ fried chicken because it's not food for you.

I think he should buy \_\_\_\_\_ vegetables because there'll be a lot of people coming to the party.

Make sure you can go home on your own and don't drink as \_\_\_\_\_ beer as you should!

**3. Listen to Eric talking to Mary about the weekend. Tick A, B or C. You will hear the conversation twice:**

|                                                                                                                                                                    |                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1. When is the football match?</b><br><br>a. Saturday morning<br>b. Saturday afternoon<br>c. Sunday afternoon                                                   | <b>2. Where are they going to eat on Saturday evening?</b><br><br>a. At home<br>b. In an Italian restaurant<br>c. In a Chinese restaurant |
| <b>3. What are they going to do on Sunday morning?</b><br><br>a. Go for a drive<br>b. Get up late<br>c. Go to the cinema                                           | <b>4. Where are they going to have lunch on Sunday?</b><br><br>a. In a café<br>b. In a pub<br>c. At home                                  |
| <b>5. They can't go to the cinema on Sunday afternoon because:</b><br><br>a. Carlos doesn't like films.<br>b. Eric doesn't like films.<br>c. They don't have time. |                                                                                                                                           |

#### 4. Read and choose Right, Wrong, or Doesn't Say:

This is the Clark family. Last week, the children weren't feeling well for a few days and Mrs. Clark had to take time off work to look after them. First, it was Thomas, who came home from school two days ago with a bad headache and a fever. The next morning, his sister Sam woke up with a fever, sore throat, vomited a few times and told her mother she had earache. By midday, both children were very ill. They were coughing, sneezing and had a runny nose.

Mrs. Clark was really worried and made an appointment to talk to their family doctor on the phone. The doctor asked her to do a Coronavirus test and give her children Paracetamol and plenty of fluids. Wasting no time, she helped them take a home test and she was happy that both tested negative for the virus. They just had a bad flu. She spent that day making hot drinks and soup. She made sure they were comfortable and gave them medicine the doctor asked her to give them. This morning, both Mr. and Mrs. Clark couldn't get out of bed. They had stomachache, a headache, and a high temperature. They were all together in the living room drinking a hot mug of hot chocolate and watching their favourite TV show.

**The children weren't feeling well for a couple of days.**

|          |          |                |
|----------|----------|----------------|
| a. Right | b. Wrong | c. Doesn't say |
|----------|----------|----------------|

**Thomas had a sore throat when he came back from school.**

|          |          |                |
|----------|----------|----------------|
| a. Right | b. Wrong | c. Doesn't say |
|----------|----------|----------------|

**The doctor asked Mrs. Clark not to allow their children to go to school.**

|          |          |                |
|----------|----------|----------------|
| a. Right | b. Wrong | c. Doesn't say |
|----------|----------|----------------|

**The children tested positive for COVID- 19.**

|          |          |                |
|----------|----------|----------------|
| a. Right | b. Wrong | c. Doesn't say |
|----------|----------|----------------|

**Mr. Clark made soup and hot drink for the children.**

|          |          |                |
|----------|----------|----------------|
| a. Right | b. Wrong | c. Doesn't say |
|----------|----------|----------------|

**The Clark family sat all together in the bedroom.**

|          |          |                |
|----------|----------|----------------|
| a. Right | b. Wrong | c. Doesn't say |
|----------|----------|----------------|

**They were all drinking hot chocolate and watching their favorite TV show.**

|          |          |                |
|----------|----------|----------------|
| a. Right | b. Wrong | c. Doesn't say |
|----------|----------|----------------|