

Ex. 1 Fill in the blanks with “am, is, are”

- 1) My sister _____ playing tennis.
- 2) We _____ listening to music.
- 3) They _____ studying.
- 4) My friends _____ cleaning the house.
- 5) I _____ running in the park.
- 6) My mum and I _____ eating a salad.

Ex. 2 Look and choose the correct answer

- 1) I am doing / is doing sports now.
- 2) We are cooking / is cooking some soup.
- 3) They are drinking / is drinking some apple juice.
- 4) She am studying / is studying right now.
- 5) My brother are riding / is riding a bike.
- 6) My parents are cleaning / is cleaning the house.

Ex. 3 Writhe the correct verb

Write.

should **shouldn't**

Max is ill. He's got a stomach ache.

- 1 Max should drink water.
- 2 He _____ play outside.
- 3 He _____ stay in bed.
- 4 He _____ eat chocolates.



Ex. 4

Match the sentence halves.

- | | | |
|--------------------------------------|---------------------------------------|--|
| 1 I drink lots of milk | ☒ d | a because it is good for you. |
| 2 There is lots of salt in crisps, | ☐ | b so you shouldn't eat them every day. |
| 3 You should eat lots of fruit | ☐ | c so try doing some regularly. |
| 4 Doing sport makes you feel strong, | ☐ | d because I want strong bones. |

Ex. 5 Divide these activities into “healthy” and “unhealthy”

drink water; eat fruit and vegetables; eat fast food; drink Cola;
get enough sleep; do sports; ride a bike; go swimming;
play computer games a lot; smoke cigarettes;
eat sweets and chocolates a lot

Healthy	Unhealthy

Ex. 6 Choose the correct option

1. I'm always tired because I don't get enough sleep / drink water.
2. You get headaches and red eyes when you eat fruit / watch TV a lot.
3. My dad is fat because he eats fruits and vegetables / fast food.
4. I want to do sports / sleep a lot to be healthy.
5. Smoking / swimming causes a lot of health problems.
6. It's unhealthy to drink a lot of water / Cola.