

Health

1 Read the letters to the doctor. Match them to the doctor's answers.

ASK THE DOCTOR

1

Dear Doctor

I'm 15 years old. My friends like going to the park and playing football. I'm always tired. I like watching sport on TV and I like playing computer games, too. Is it **good for** me to stay at home?

Can you help me?

Tom

A

Lots of sweet things aren't good for us. They aren't good for our teeth! Eat more fruit and vegetables.

You'll **feel fine**.

DR SMART

84

2

Dear Doctor

I'm 13 years old and I like eating chocolates and cakes. My mum isn't happy and gives me lots of fruit and vegetables, but I don't like them. Lots of my activities are good for me. I like playing football and I'm very good at it. Is it OK for me to eat lots of sweet things?

Sophie

B

It **isn't good for** you to stay at home all day. Go to the park with your friends and play football with them. It's good to be outside. You'll **feel better**.

DR SMART

DR SMART'S TIP OF THE WEEK

Eat a good breakfast.

- ✚ You'll do better in class.
- ✚ You'll do better at sport.
- ✚ You'll **feel well**.

1



3



2



5



4



2 Read the letters and answers again. Now look at the sentences. Write *yes* or *no*.

- 0 Tom likes playing football. *no*
- 1 Sophie likes eating apples.
- 2 Sophie likes doing sport.
- 3 Tom likes going to the park.
- 4 Tom is very tired.
- 5 The doctor thinks it's good for Tom to stay at home.
- 6 The doctor thinks it's good for Sophie to eat sweet things.

3 Read Dr Smart's 'Tip of the week'. Look at the five breakfasts. Tick (✓) three breakfasts which are good for you. Check your answers on page 124.

4 Complete the sentences with the words in **blue** from the texts.

EP

- 1 It _____ people to eat a lot of biscuits.
- 2 Eat fresh fruit and vegetables and you'll _____.
- 3 Spend time with your friends and you'll _____.
- 4 I like doing sport and it's _____ me.
- 5 Eat a good breakfast and you'll _____.

5 Work in pairs. Complete the table with the words and phrases in the box. Add four of your ideas.

biscuits bread butter cake
chocolate dancing oranges
playing computer games vegetables
walking to school water



GOOD FOR YOU



NOT GOOD FOR YOU

biscuits

6 What do you eat for breakfast? Tell your partner.

GRAMMAR

Pronouns

1 Read the letters and answers on page 60 again. How many of the phrases in the box can you find?

at **it** for **her** for **him** for **me**
for **us** for **you** with **them**

2 Complete the table with the pronouns in **purple** in Exercise 1.



I	<i>me</i>	we	5 _____
you	1 _____	you	6 _____
he	2 _____	they	7 _____
she	3 _____		
it	4 _____		

GRAMMAR REFERENCE AND PRACTICE PAGE 146

3 Complete the sentences.

- 0 Eat a good breakfast. It's better for *you*.
- 1 They like playing basketball. It's good for _____.
- 2 I like drinking milk. It's good for _____.
- 3 She doesn't like eating ice cream. It isn't good for _____.
- 4 We don't like eating a lot of chocolate. It isn't good for _____.
- 5 He likes walking to school. It's good for _____.
- 6 I don't like playing table tennis. I'm not very good at _____.

4 Write a letter to Dr Smart. Use Tom and Sophie's letters to help you.

5 Read your partner's letter and answer it. Use Dr Smart's answers to help you.

SPEAKING

1 Think of five things you like doing at the weekend. Discuss them with your partner. Are all these things good for you? Why / Why not?