

PLAY

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1 healthy



2 fit



3 energy



4 crisps



5 sugar



6 cabbage



7 calcium



8 sardine



9 contain



10 fizzy drink



11 bone



12 diet



13 meal



14 teaspoon



15 beans

1 Look at the text and pictures below. Say three ways to stay healthy.



2 Listen and read.  99

How to stay healthy

We all want to be fit and healthy, so here are some tips to help.



Take lots of exercise

Watching TV or playing computer games won't make you fit, but playing sports will. You can join a club or play with your friends in a park. If you don't like team sports, you can walk to school, go swimming or try skating instead. Regular exercise makes you feel stronger and gives you more energy.

Eat a healthy diet

Sweets, chocolate and crisps are fun to eat sometimes, but it is not good to eat them every day. These foods contain too much sugar, fat or salt. Make sure you eat vegetables, such as cabbage, with every meal, and plenty of fruit, too. Fruit and vegetables help you stay healthy and grow strong.

Drink lots of water and milk

Water or juices are better for you than fizzy drinks because fizzy drinks contain lots of sugar. Eating a lot of sugar is bad for your teeth. One can of cola contains about nine teaspoons of sugar! Milk is good because it contains lots of calcium. You need calcium to help your 206 bones to grow and keep your teeth strong.

There is this much calcium in a serving of ...



- 1 a glass of milk
- 2 two sardines
- 3 cabbage
- 4 cheese
- 5 yogurt
- 6 beans

3 Underline these words in the text. Guess their meanings and then check them in the Workbook 4 Dictionary (page 132).

healthy fit energy crisps sugar cabbage calcium sardine

A. Match the words with the correct meaning.

1. calcium	a. To have something inside
2. crisps	b. Small seeds we can eat
3. contain	c. A green round vegetable
4. cabbage	d. Thin fried potatoes
5. beans	e. Helps your bones grow strong

B. Multiple Choice .

C. Arrange the Words. Put the words in the correct order to make a sentence.

1. eat / We / vegetables / healthy. / to / stay / should

2. gives / energy. / us / Food

3. drink / Fizzy / sugar. / contain / a lot of

4. Meal. / is / Dinner / my / favorite

VOCABULARY

1. A drink with bubbles, like soda.
2. A small spoon used for sugar or tea.
3. Power to do things.
4. Thin fried potatoes you eat as a snack.
5. Sweet white food we put in drinks or cakes.
6. A green vegetable with big leaves.
7. A mineral that helps your bones grow strong.
8. A small fish that people eat from a can.
9. Small seeds you can eat, like kidney beans
10. Feeling good and not sick.
11. A hard part inside your body.
12. The kind of food you usually eat.
13. Food you eat at one time (like lunch or dinner).
14. Strong and active.
15. To have something inside.

HOW TO STAY HEALTHY

Part 1: Take lots of exercise

Watching TV or playing computer games won't make you fit, but playing sports will.

You can join a club or play with your friends in a park. If you don't like team sports, you can walk to school, go swimming, or try skating instead.

Regular exercise makes you feel stronger and gives you more energy.

MULTIPLE CHOICE QUESTIONS:

1. What can make you fit?

- a) Watching TV
- b) Playing sports
- c) Playing computer games
- d) Sleeping

2. Where can you play with your friends?

- a) At home
- b) In a park
- c) In a shop
- d) On the bus

5. What sport do you like to play?

6. How do you feel after doing exercise?

Part 2: Eat a healthy diet

Sweets, chocolate and crisps are fun to eat sometimes, but it is not good to eat them every day. These foods contain too much sugar, fat or salt. Make sure you eat vegetables, such as cabbage, with every meal, and plenty of fruit, too. Fruit and vegetables help you stay healthy and grow strong.

1. What foods are fun to eat sometimes?

- a) Vegetables
- b) Chocolate and crisps
- c) Fruit
- d) Bread

2. What is bad about eating sweets every day?

- a) They have too much sugar
- b) They are boring
- c) They are cheap
- d) They are green

PART 2

3. What should you eat with every meal?

- a) Chocolate
- b) Candy
- c) Vegetables
- d) Ice cream

4. What helps you stay healthy?

- a) Fruit and vegetables
- b) Chips and cola
- c) Sweets
- d) Pizza

5. What is your favorite vegetable?

6. Do you like to eat fruit every day? Why or why not?

Part 3: Drink lots of water and milk.

Water or juices are better for you than fizzy drinks because fizzy drinks contain lots of sugar. Eating a lot of sugar is bad for your teeth. One can of cola contains about nine teaspoons of sugar! Milk is good because it contains lots of calcium.

You need calcium to help your 206 bones to grow and keep your teeth strong.

1. What is better for you than fizzy drinks?

- a) Water
- b) Cola
- c) Lemonade
- d) Soda

3. What drink has calcium?

- a) Cola
- b) Milk
- c) Juice
- d) Tea

2. Why is too much sugar bad for you?

- a) It makes you sleepy
- b) It is bad for your teeth
- c) It helps your bones
- d) It gives you energy

4. How many bones do we have?

- a) 100
- b) 206
- c) 300
- d) 56

5. How many glasses of water do you drink every day?

6. Why is milk good for your body?

PART 2

Part 4: Review

To stay healthy, remember to exercise, eat a healthy diet, and drink plenty of water and milk.

Avoid too many sweets or fizzy drinks. Being healthy helps you feel happy and strong every day!

1. What helps you stay healthy?

- a) Sleeping all day
- b) Watching TV
- c) Eating fruits and exercising
- d) Drinking cola

2. What should you drink more often?

- a) Water and milk
- b) Cola and soda
- c) Coffee
- d) Juice with sugar

3. What foods should you not eat too much?

- a) Vegetables
- b) Sweets
- c) Rice
- d) Fish

4. How does being healthy make you feel?

- a) Happy and strong
- b) Tired
- c) Sleepy
- d) Sad

5. What are three ways to stay healthy?

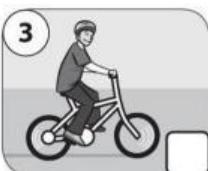
6. What healthy habit do you want to try more often?

Skills Time!

Lesson Five

Reading

1 Match the words with the pictures.



- a fit
- b energy
- c healthy
- d crisps
- e sugar
- f calcium
- g cabbage
- h sardines

2 Write, using the words above.

- 1 People who exercise every day want to be fit.
- 2 are a type of fish that have a lot of calcium.
- 3 To be , you have to eat a good diet and drink lots of water.
- 4 are made from potatoes. They have a lot of salt and fat.
- 5 When you can do things without getting tired, you've got lots of .
- 6 Chocolate and sweets have got a lot of .
- 7 A is a big, round vegetable.
- 8 You need to help your bones grow.

3 Read the Class Book. Answer the questions.

- 1 What exercise can you do if you don't like team sports?

You can walk to school, go swimming or go skating.

- 2 What types of food contain too much sugar?

- 3 Which drinks are healthy?

- 4 Which drink has lots of sugar?

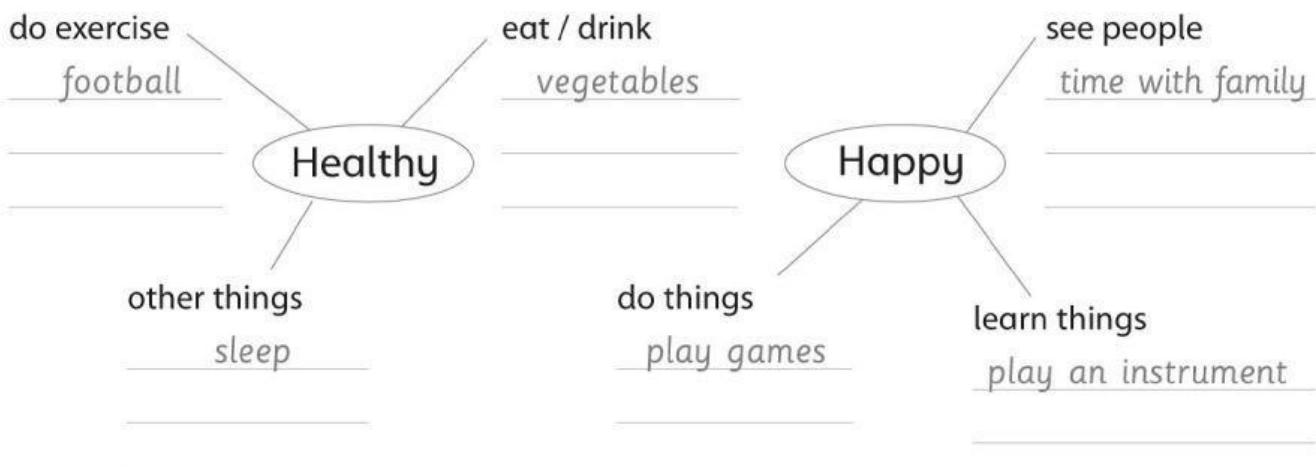
- 5 Which has more calcium: yogurt or cabbage?



3 Complete the mind map.

Lesson Six

walking fruit search the Internet swimming open windows listen to music
 help others read books water time with friends wash hands



My writing

4 Write a leaflet about how to be healthy and happy. You can use the phrases from Exercise 3 or choose new ones.

How to be healthy and happy

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