

UNIT  
8

# Healthy Body, Healthy Mind

LESSON  
1

## Words

**1** Look and circle.



1. He has a sore shoulder /  
stomachache.



2. She has a cough /  
is sick.



3. He has a cold /  
toothache.



4. She has a cough /  
sore neck.



5. He has a cold /  
sore shoulder.



6. She has a sore neck /  
backache.

## KIDS 03

**2** Write *must* or *must not* and a verb in the box.

climb   run   take   wear



Hey! You



Excuse me, you  
a jacket.



Hey! You  
up there.



Stop! You  
a shower before  
you come in.

## KIDS 03

### 3 Look and write.



1. nice / ice cream / on hot, sunny days

---

---



3. healthy / some exercise / every day

---

---



2. fun / to school / with no friends

---

---




4. important / win all the time

---

---

## LESSON 5

## Phonics and Writing

- 1** Say the words with **ow** and **ou**. Circle the one that doesn't belong.  
Listen and check.  TR: 33

1.



mouse



cloud



window



shower

2.



town



mountain



soup



towel

3.



playground



loud



cow



rainbow