



5 Fit and well

1 Look, sort and write the words.



1 cakb



2 deha



3 hsmcato



4 rea



5 otoht

What's the matter?

My ear **hurts**.

I've got an earache.

My back hurts.

I've got a backache.

My _____ hurts.

I've got a _____.

My _____ hurts.

I've got a _____.

My _____ hurts.

I've got an _____.

My _____ hurts.

I've got a _____.

2 Look and match. Write *must*, *mustn't*, *can* or *can't*.

Her foot hurts. She **can't** play football.

You **must** go home now.

She **must** do her homework.

We **mustn't** eat in class.

They **mustn't** take off their coats.

- 1 It's hot. You must drink some water.
- 2 You _____ eat in the library.
- 3 You _____ kick a ball in the house.
- 4 You _____ go to school. It's eight o'clock!
- 5 Sorry, I _____ write. My hand hurts.
- 6 You _____ eat three cakes!



3 Read. Which things must you do? Put ✓ or X.

Giving advice

Preparing for a race

It is important to eat healthy food before the race – you must eat lots of fruit and vegetables. You can eat chocolate when you need energy. You must drink water when you run. Carry a water bottle.

Wear shorts, a T-shirt and trainers, and wear a cap if it's sunny to avoid headaches.

Before the race, you need to train every day. Train with a friend, and always tell your parents where you are going.

But it is important to rest too, and you mustn't run if your feet or knees hurt.

rest drink water wear jeans train every day run if your knees hurt wear trainers train with your parents eat fruit and vegetables eat chocolate

4

Think of advice for walking in the mountains. Write.

It is important to _____

5

Read and colour.

Basic competences progress

I can ...

1 ... name some parts of the body.



2 ... say what's wrong with me.

3 ... talk about obligation using *must* and *mustn't*.

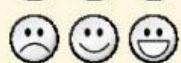
4 ... sing the song and read the story.



5 ... say what people need to be healthy.

6 ... use the *Kid's Box* CD-ROM.

7 ... use my picture dictionary.

8 ... review my learning at home using *My Home Booklet*.