

1. Choose the correct sound the underlined part of these word

	/f/	/v/		/f/	/v/		/f/	/v/		/f/	/v/
1. fit	☐	☐	1. vitamin	☐	☐	1. enough	☐	☐	1. leave	☐	☐
2. very	☐	☐	2. active	☐	☐	2. food	☐	☐	2. move	☐	☐
3. of	☐	☐	3. feet	☐	☐	3. tofu	☐	☐	3. drive	☐	☐
4. fat	☐	☐	4. photo	☐	☐	4. safe	☐	☐	4. very	☐	☐
5. graph	☐	☐	5. avoid	☐	☐	5. level	☐	☐	5. fish	☐	☐

II. Look at the pictures and write the words under each picture:



III. Match the words to make meaningful expressions:

1. get	2. keep	3. exercise	4. have	5. wash	6. brush	7. avoid	8. wear	9. eat	10. feel
a. the flu	b. your hands	c. sleepy	d. fit	e. your teeth	f. a mask	g. a lot of fruit	h. sunburnt	i. indoors	j. crowds
1.	2.	3.	4.	5.	6.	7.	8.	9.	10.

IV. Fill the hobbies with the pictures:

coloured vegetables tofu soft drinks dim light mask



V. Fill in the blanks with the words/ phrases provided:

tofu mask chapped lips dim light sun cream

- People say that is a vegetable protein.
- Reading in is not good for your eyes.
- Drinking a lot of water can help avoid .
- Remember to wear a when you go out.
- I used a lot of during my holiday at the beach last summer.

Coloured vegetables sunburn soft drinks lip balm red spots

- Nowadays, many children like drinking such as sprite, coke and pepsi.
- Your is getting worse. You should go to see the doctor.
- contain a large number of vitamins.
- If Nam eats seafood, a lot of will appear on his face and neck later. He's allergic to seafood.
- I bought my sister a , so she can use it in winter.

VI. Decide whether the following sentences are simple sentences or not. Write Yes or No.

1. She does a lot of yoga. (_____)
2. Mr. Johnson is very healthy. (_____)
3. I'm sorry, but I have other plans. (_____)
4. He looks young, but he's actually more than 50. (_____)
5. Like me, she enjoys all kinds of fruits. (_____)
6. A good sun cream can help prevent sunburn. (_____)
7. Natalia missed the bus, so she decided to walk. (_____)
8. Would you like some more bread and butter? (_____)
9. Binh always buys his lunch at school, but I don't. (_____)
10. There is plenty of bottled water, soft drinks and grilled sandwiches. (_____)

VII. Fill in the blanks with "f" or "v" to complete the words:

1. I ha__e taken some pills, but I __eel e__en worse!
2. The nurses o__ten gi__e ad__ice to the patients.
3. You should do more physical acti__ities e__ery day.
4. Lucas cycled to school to keep __it and to sa__e money.
5. I__ you are so inacti__e, you will probably get __at.

VIII. Choose the best answer to complete the sentences:

1. You can _____ some diseases by keeping yourself clean.
A. do B. have C. get D. avoid
2. Sunscreen, _____, hats and gloves can protect sensitive skin from sunburn.
A. chapped lips B. red spots C. lip balm D. dry hair
3. I'm always on a diet because I _____ on weight easily.
A. put B. affect C. keep D. cause
4. You should throw your _____ clothes in the washing machine.
A. new B. old C. tidy D. dirty
5. She is going to see the doctor because she has _____.
A. a vitamin B. an exercise C. a headache D. a diet
6. Scarlet dislikes _____ such as chips, sweets and fizzy drinks.
A. vegetables B. junk food C. seafood D. fruits
7. There are about fifty _____ in an apple.
A. materials B. calories C. energies D. vegetables
8. The key for them to _____ fit is jogging three kilometres every morning.
A. put B. avoid C. affect D. keep
9. My cousin is getting sick. He feels weak and _____.
A. tired B. heavy C. good D. strong
10. Soft drinks can be _____ to children's teeth.
A. fit B. active C. harmful D. fresh

Exercise IX. Circle the correct word or phrase to complete the

1. She jogs every day to keep **fit** / **unfit**.
2. Eating much fast food is not good for your **healthy** / **health**.
3. You will get **sunburn** / **suncream** if you spend too much time in the sun.
4. I like **indoor** / **outdoor** activities such as boating and cycling.

5. There is rice, fried fish, and some vegetables in my **lunch box / school bag**.
6. We should **affect / avoid** sweetened food and soft drinks.
7. Tofu is a product from **soybeans / coloured vegetables**.
8. You shouldn't read in **dim / bright light**. 9. **Acne / Activity** is a skin condition.
10. **Doctors / Vegetarians** don't eat meat or fish.