

Unit
14

Staying healthy



[SPEAKING]

1 Work in pairs. Match and say.

- | | |
|--------------------------------|-----------------------------------|
| 1. How does she stay healthy? | a. He eats fruits and vegetables. |
| 2. Do you do morning exercise? | b. No, I drink water. |
| 3. What does he eat? | c. Yes, I do. |
| 4. How do they stay healthy? | d. I play football and eat salad. |
| 5. Do you drink fresh juice? | e. She eats healthy food. |
| 6. How do you stay healthy? | f. They play sports every day. |

A: How does your _____ stay healthy?

B: _____.

2 Work in pairs. Look, ask and answer.

brother
eats healthy food
every day

sister
does morning
exercise
Mon. to Fri.

mother
does yoga
Tue. and Fri.

father
plays sports
Mon., Thu., Sat.

aunt
gets plenty
of sleep
every day

grandfather
drinks
fresh juice
Sat. and Sun.

A: How does your _____ stay healthy?

B: _____.

A: How often does your _____?

B: _____.

 [READING]

3 Read and order.

My friends are very healthy. Jack stays healthy by doing morning exercise. He does it five times a week. He also drinks fresh juice twice a week. Kim loves sports. She plays volleyball on Tuesdays and Thursdays. On Saturdays, she plays table tennis. Also, she does yoga every day. She's really fit! My friend Phong takes his dog for a walk four times a week. He also eats healthy food. He eats fish, fruits and vegetables every day. He also cooks healthy food for me sometimes. I love his cooking!

Friend	Activity	How often?
Jack	do morning exercise	(1) _____ times a week
	(2) _____	twice a week
Kim	play sports	(3) _____ a week
	(4) _____	every day
Phong	(5) _____	four times a week
	eat healthy food	(6) _____



[WRITING]

4 Write about your family's healthy habits.

<ul style="list-style-type: none"> • How healthy is your family? • What healthy activities do your family do? • How often do they do these activities? 	<p>My family is _____ healthy. My mother _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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[LISTENING]

5 Listen and complete.

E = eat fruit

D = drink fresh juice

M = do morning exercise

S = go swimming

B = play basketball

J = do judo

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Bill	E, M	E, M	E	E			
Thao	D, B	D					