

Everybodyup 5 – Unit 5 – Lesson 4

A. VOCABULARY

Exercise 1: Match the words to their meanings

Successful

Balanced meal

Exercise

Habit

Possible

Early

- a. A routine action that is done regularly
- b. Achieving a desired outcome
- c. Food that contains a variety of nutrients
- d. Able to happen or be done
- e. Physical activity to improve fitness
- f. Before the usual or expected time

Exercise 2: Fill in the blanks with the correct word

(early , successful , balanced meal , habit, exercise , possible)

- 1. Eating a _____ is important for good health.
- 2. I try to _____ every morning to stay fit.
- 3. Developing a reading _____ can improve your knowledge.
- 4. It's _____ to finish your homework on time if you start early.
- 5. She is very _____ in her career because of her hard work.
- 6. Waking up _____ gives me more time to prepare for the day.

Exercise 3: Circle Yes or No



1. Successful

Yes / No



2. Exercise

Yes / No



3. Quickly

Yes / No



4. Wash my hair

Yes / No



5. Take a shower

Yes / No

B. GRAMMAR

Exercise 1: Circle the correct answers

1. often do you go for a walk?

A. What

B. How

C. Which

2. I go for a walk a week.

A. two

B. second

C. twice

3. I rarely my schoolbag before I go to bed.

A. pack

B. packing

C. packs

4. She's talking

A. quiet

B. quietly

C. quieted

Exercise 2: Rearrange the words

1. The / never / are / late / student.

.....

2. They / always / do / homework / their.

.....

3. It / hardly / ever / rains / here.

.....

4. We / usually / don't / watch / TV / in / the / morning.

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5. I / am / quite / very / sometimes.

.....

6. We / hardly / ever / eat / meat.

.....

Exercise 3: Underline and correct the mistakes

Underline

Correct

1. How often you go for a walk?

2. He is talking quiet.

3. I sometime wash my hair before I go to bed.

4. I always pack my schoolbag before I go bed.

C. LISTENING

Exercise 1: Listen and write (Track 13 – CD2)

1.
2.
3.
4.
5.
6.

Exercise 2: Listen and circle (Track 14 – CD2)











1. There are ways to stay healthy.
A. two
B. three
C. four
2. You should once or twice a day.
A. exercise
B. take a shower
C. wash your hair
3. You should eat balanced meals times a day.
A. two
B. three
C. four
4. can help you do better at school and on tests.
A. Eat
B. Exercise
C. Sleep

D. WRITING

Exercise 1: Make the questions and the answers

Do you wash your hair before you go to bed?

Yes, I always do.
No, I rarely do.

1.
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2.
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3.
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4.
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5.

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6.

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Exercise 2: Write a paragraph about how to stay healthy

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