

Exercise 1. Look and write.



Exercise 3. Circle the odd one out.

1 A: week B: day C: month D: once

2 A: twice B: three C: four D: five

3 A: yoga B: eat C: aerobics D: badminton

4 A: vegetables B: drink C: play D: do

5 A: sausage B: chip C: orange juice D: rice

Exercise 4. Look and complete.



Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
✓	✓	✓	✓	✓	✓	✓

A: How often does she do yoga?

B: _____



Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
✓		✓		✓		✓

A: How often does she _____?

B: _____



Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
	✓		✓		✓	

A: How often does he _____ vegetables?

B: _____



Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
------	------	------	-------	------	------	------

A: How often does she do _____?

B: _____



Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
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A: How often _____?

B: _____

Exercise 7. Read and circle True or False

Jenny and her children live in St. Paul. She is from Somalia. She came to the US five years ago. Many things are different in America. You can buy junk food with fat, sugar, and oil here. Americans don't walk as much as people in Somalia. You can drive a car or take the bus. Jenny sees many overweight people in America.

Jenny's children like junk food such as hamburgers and French fries. She does too. She notices that she gains weight in America. Her children like watching TV instead of playing outside. Jenny doesn't walk very much because she has a car. Jenny's doctor says she has to eat more fruit and vegetables. He says that too much junk food like chips, fries, and sugar is bad for her health. He tells her that she needs to get more exercise.

1. Jenny has lived in the US for four years. True / false
2. People walk more in America. True / false
3. Many people in Somalia are overweight. True / false
4. Jenny gains weight in America. True / false
5. The doctor advised her to eat more fruit and vegetables. True / false

Exercise 9. Fill in the blanks.

1. She _____ fresh juice three times a week.
2. I _____ table tennis every day.
3. My sister _____ yoga four times a week.
4. He _____ healthy food every day.
5. They _____ vegetables regularly.
6. We _____ morning exercise.

eat drinks eats
does play do

55

Exercise 11. Listen and circle Track 24

1. How does he stay healthy?



a



b



c

2. How does he stay healthy?



a



b



c

3. How often does he drink orange juice?

Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
✓	✓	✓	✓	✓	✓	✓

a

Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
✓	✓					

b

4. How often does he play badminton?

Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
✓						

a

Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
✓	✓	✓	✓	✓		

b



Exercise 12. Listen and write.



Track 25

1. She does yoga _____ a week.
2. He plays badminton _____ a week.
3. He drinks orange juice _____ a week.
4. She eat vegetables _____.