

Ex 1: Read and drag:

should

learned

do

wash

shouldn't

In science class yesterday, we (1) about how to be healthy. Students learned about healthy foods and exercise. Kids should eat different foods to be healthy. We (2) eat lots of vegetables and fruit. We (3) eat fast food and pizza. And we should (4) our hands before meals. All of my classmates do that at school. Children should get lots of sleep and (5) exercise, too. My teacher said we should exercise every day. In my school, all the students do exercise together at break time. We also do it in P.E. class. It's really fun and good for our health!

Ex 2: Choose the correct answers

	a) see a dentist
	b) get some rest
	c) take a bath

	a) a stomachache
	b) an earache
	c) the chickenpox

	a) skip breakfast
	b) stay up late
	c) see a dentist

	a) eat too much
	b) eat fast food
	b) play outside

Ex 4: Read and complete:

play

healthy

shouldn't

sandwiches



I'm Katy. Yesterday, I learned about how to be
The teacher told me that I should eat a lot of vegetables.



I'm Jack. I'm quite big. I eat lots of and hamburgers.
My mom often says that I should do exercise.



I'm Jim. I often stay at home and play video games. I sometimes
feel sick on rainy days. My friends always say that. I should
..... outside.



I'm May. I often eat a lot at dinner. My dad said that I
eat too much in the evening.

Ex 5: Read and choose:

a You should / shouldn't drink lots of water and juice.

b You should / shouldn't do exercise every day.

c You should / shouldn't eat fast food.

d You should / shouldn't play outside.

e You should / shouldn't eat too much.

f You should / shouldn't stay up late.

g You should / shouldn't wash your hands.

h You should / shouldn't brush your teeth every day.

i You should / shouldn't eat a lot of sweets.

j You should / shouldn't drink much coffee.

