

## Exercise 1: Combine these sentences using “and”, “but” or “or”:

1 - My mother eats breakfast everyday.

My mother didn't eat breakfast yesterday.

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2 - Cats can be big. Cats can be small.

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3 - You should do more exercises. You should eat healthy foods.

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4 - She likes bananas. He likes apples.

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## Exercise 2: Choose the correct answer:

1 - Did you \_\_\_\_\_ breakfast yesterday?

- a. eat                      b. ate                      c. eats

2 - Maria \_\_\_\_\_ water everyday.

- a. drink                      b. drank                      c. drinks

3 - Did John \_\_\_\_\_ enough sleep yesterday?

- a. gets                      b. gets                      c. get

4 - Sabrina \_\_\_\_\_ eat breakfast yesterday morning.

- a. didn't                      b. don't                      c. doesn't

5 - \_\_\_\_\_ you remember to wash your face?

- a. Does                      b. Do                      c. Did

## Exercise 3: Answer the questions:

1 - What is a calorie?

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2 - What happens if you eat more calories than your body needs?

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3 - What can burn a lot of calories?

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4 - What makes our hearts stay healthy?

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5 - What are bad for your health if you do them too much?

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## Exercise 4: Write True or False:

1 - People from around the world play Octopush.

2 - People play Octopush underwater just like hockey.

3 - In Octopush, players need to push the puck into the net to score.

4 - People join a contest called Pumpkin Regatta in fall.

5 - If you want to join Pumpkin Regatta, you'll need a boat.

6 - Players use basketball to play footvolley.

7 - Footvolley is hard.

## Exercise 5: What are some good habits? Why should you do them?

Write 2 - 3 sentences:

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