

5 Fit and well

1. Listen and repeat.



HEALTHY






UNHEALTHY




2 Find the 'healthy' words.






h i g s w i m a

s l e e p b s t

u a r i d e p w

j u m k a r l a

f e a t n s a l

h h o s c r y k

j s t l e u a i

c l a m b n h i

d r i n k r o p




Tick or cross the boxes. Is it healthy?

<p>1</p>  <p><input checked="" type="checkbox"/></p>	<p>2</p>  <p><input type="checkbox"/></p>	<p>3</p>  <p><input type="checkbox"/></p>	<p>4</p>  <p><input type="checkbox"/></p>
<p>5</p>  <p><input type="checkbox"/></p>	<p>6</p>  <p><input type="checkbox"/></p>	<p>7</p>  <p><input type="checkbox"/></p>	<p>8</p>  <p><input type="checkbox"/></p>

4. Write your sentences.

HEALTHY

Running is healthy.

UNHEALTHY

Sitting on the sofa all day is unhealthy.

5. Watch a video.