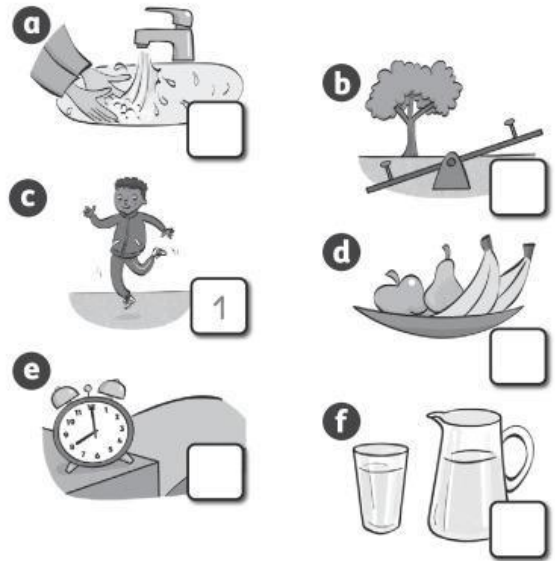


Lesson 1 Words Let's talk about staying healthy.**1** Match. Then look and number.

- | | |
|-----------|----------------|
| 1 do ● | ● your hands |
| 2 eat ● | ● exercise |
| 3 play ● | ● water |
| 4 drink ● | ● fruit |
| 5 go ● | ● to bed early |
| 6 wash ● | ● outside |

**Lesson 2 Grammar** Let's talk about how often we do things.**2** Look and write sentences.

eat vegetables do exercise eat ice cream play outside ~~go to bed early~~

Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

- 1 Mia goes to bed early five times a week.
- 2 She _____.
- 3 She _____.
- 4 She _____.
- 5 She _____.

5 Unit record

Name: _____

Lesson 3 Words and Grammar Let's talk about how we relax.

3 Look and write sentences.

✓✓✓ always ✓✓ often ✓ sometimes ✗ never

do karate ~~go fishing~~ play volleyball do art go swimming

- 1 ☒  She sometimes goes fishing.
- 2 ☒  He _____.
- 3 ☒  They _____.
- 4 ☒  She _____.
- 5 ☒  I _____.

Lesson 4 Story Let's read about feeling too busy.

4 Write T (true) or F (false).

- 1 Ben does his homework every day.
- 2 He plays football once a week.
- 3 He always goes swimming at the weekend.
- 4 He goes fishing with his mum.
- 5 At the end of the story, Ben and his dad relax.

T



Lesson 5 Skills and Culture Let's learn about exercise in Brazil and China.

5 Read and tick ✓.



capoeira



t'ai chi

1 This sport is very popular in China.		✓
2 People do this sport on the beach in Brazil.		
3 Older people do this sport in the park.		
4 The players always do slow and careful moves.		
5 The players sometimes do big jumps and high kicks.		