Reading

6 Reorder the vacation plan of Lan's family.

1	Lan's family is going to visit Tokyo in March to enjoy the sakura season and Japanese food.
	They will have a good time there.
	They're going to take sweaters and gloves.
	The temperature in Tokyo will be about 14°C in this season.

7 Read and answer the questions.

You should get exercise regularly because it makes you strong and healthy. You can choose a sport and play it with your friends or family. It'll be a lot of fun. You shouldn't do exercise right after eating or you'll have a stomachache. Doing exercise also makes you sweat. Remember to drink enough water. You should rest for 15 minutes after exercise then you can take a shower.

1. What should you do to be strong and healthy?
2. Who can you play sports with?
3. Should you do exercise right after eating? Why / Why not?
4. What should you do after doing exercise?

LIVEWORKSHEETS