Lesson 2 Reading

1 Complete the sentences describing the pictures.

medicine | healthy | active | ill | rests | exercises



He's ill.



She's _____.



It's _____.



He's _____.



She _____ every day.



He _____ before dinner.

2 Complete the sentences. Use the words in Activity 1.

1 Fresh air, eating well and sleeping nine hours helps you stay healthy.
2 If you don't feel well, it's a good idea to _____.
3 If you eat bad food and don't exercise, you get _____.
4 You go to the chemist to buy _____.
5 My mum's very _____. She goes running every day.
6 People who _____ every day feel good.

Learning to learn

3 When you read a text, it's important to ask questions.
Write the words in the correct order to make questions that you might ask.

1 you? / fresh / Why / good / is / air / for

_____

2 important / Why / slowly? / to / it / eat / is

_____



3 sugar / there / Is / a / lot / of / drinks? / fizzy / in

_____

4 playing / Why / keep / games / awake? / will / you

_____

LIVEWORKSHEETS