

**1 Match the words with the pictures.**

- |                        |                   |
|------------------------|-------------------|
| 1. soft drink          | 6. vegetarian     |
| 2. sunburn             | 7. exercising     |
| 3. vitamin             | 8. skin condition |
| 4. coloured vegetables | 9. fast food      |
| 5. fit                 | 10. dim light     |



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_

**2 Choose the correct word.**

- My sister ..... a lot of water every day.  
A. drinks    B. drink    C. drinking
- We shouldn't ..... too much fast food.  
A. eat    B. to eat    C. eating
- Exercising ..... keep you fit.  
A. helps    B. help    C. helping
- Too much sun can cause .....  
A. sunburn    B. vitamin    C. soft drink
- I prefer ..... food.  
A. vegetarian    B. fast    C. coloured

**3 Complete the sentences with the words in the box.**

|                |            |                     |            |
|----------------|------------|---------------------|------------|
| skin condition | soft drink | coloured vegetables | fit        |
| sunburn        | vitamin    | exercising          | vegetarian |

- I try to eat more ..... to stay healthy.
- Too much sun can cause .....
- Drinking a lot of ..... is not good for your health.
- Regular ..... helps me keep .....
- A healthy diet with enough ..... can improve your health.

**Good  
Habits  
Brighter  
Days!**

**5 Circle the odd one out.**

- |              |            |                |         |
|--------------|------------|----------------|---------|
| 1 soft drink | juice      | water          | carrot  |
| 2 sunburn    | exercise   | vitamin        | fit     |
| 3 pizza      | burger     | fast food      | apple   |
| 4 vegetarian | vegetables | fruit          | chicken |
| 5 acne       | pimples    | skin condition | tomato  |

**You  
can do it!**



# 1 Match the words with the pictures. (Nối từ với tranh)

1



.....

2



.....

3



.....

4



.....

5



.....

6



.....

7



.....

8



.....

## 2 Fill in the blanks with the words from the box. (Điền từ vào chỗ trống)

|              |           |              |
|--------------|-----------|--------------|
| affects      | avoid     | tips         |
| enough sleep | fast food | special soap |

- Acne ..... many young people.
- We should ..... junk food.
- Here are some ..... for healthy skin.
- Go to bed early and get .....
- Wash your face with .....
- Eating less ..... is good for your health.

## 3 Choose the correct word. (Chọn từ đúng)

- Acne is a .....  
A. skin condition   B. fruit   C. drink
- We should eat more .....  
A. soap   B. vegetables   C. spots
- Don't ..... your spots.  
A. pop   B. sleep   C. wash
- Too much junk food is not .....  
A. healthy   B. early   C. enough

Healthy Skin  
Happy You!

## 4 Unscramble the words. (Sắp xếp chữ cái)

- cnea → .....
- aftfce s → .....
- aiodv → .....
- sipt → .....
- jruk doof → .....
- special paos → .....



You Can Do It! ♥

## 5 Make meaningful sentences. (Sắp xếp từ thành câu)

- acne / is / a / skin condition  
.....
- we / should / avoid / junk food  
.....
- we / need / enough sleep  
.....
- don't / touch / your / spots  
.....
- eat / more / fruit and vegetables  
.....

