

A Pronunciation

- 1 Circle the word with the underlined part pronounced differently. Then practise saying them aloud.



- | | | | |
|---------------|-----------|-------------|-------------|
| 1. A. cough | B. enough | C. through | D. laugh |
| 2. A. dolphin | B. uphill | C. earphone | D. alphabet |
| 3. A. night | B. tough | C. flight | D. high |
| 4. A. ate | B. about | C. amazing | D. above |
| 5. A. learn | B. early | C. earth | D. hear |

B Vocabulary & Grammar

- 1 Write a word or phrase from the box under its correct picture.

rubbish
snack

fast food
house cleaning

fresh vegetables
outdoor activity



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____

3 Complete the sentences with the words in the box.

tofu fit chapped lips weight harms bins

1. Doing housework every day helps keep you _____.
2. Many vegetarians often eat _____ and other vegetables.
3. Jogging is a good way to lose _____.
4. There should be more _____ in public places.
5. Reading in poor light _____ your eyes.
6. Cold wind may cause _____.



4 Choose the best word or phrase for each group.

taking a bath

soft drinks

house cleaning

cycling

fast food

acne

Key words	Answer
Example: clean water, soap, towel	<i>taking a bath</i>
1. burger, fried chicken, chips, takeaway places	_____
2. bike, helmet, path, pedals	_____
3. fizzy sweet drinks	_____
4. skin spots / pimples, often on the face	_____
5. broom, mop, dustpan, floor cleaner	_____

A Cleaner Place
A Healthier You!

5 Put the words in order to make sentences.

1. a lot of / We / garlic / to prevent / eat / the flu / . _____
2. do not / much stress / People / have / in the countryside / . _____
3. your / eyedrops / You / for / tired eyes / can use / . _____
4. my country / Green tea / a popular drink / is / in / . _____
5. keep you / and active / Physical activities / strong / help / . _____

6

Read and decide if the underlined parts are the subject (S), verb (V), object (O), or adverb (ADV) of the sentences.

Example: I do not eat much red meat.

S

V

O

1. She washes her face twice a day.

2. Asian diets contain a lot of vegetables.

3. My sister uses a lot of suncream in summer.

4. He likes cycling in the park.

5. My mother cooks food with very little cooking oil.

Good Food
Brighter Mood



Eat
Well
Live Well

Healthy
Habits
Happier
You! 😊



C

Speaking



Talk
Share
Learn
Grow



1

Work in pairs. Discuss the tips below. Tick (✓) the tips you think are good for your health and cross (x) the ones that are not.

☐

1. Don't hate people.

☐

5. Take a bath once a day.

☐

2. Skip breakfast to lose weight.

☐

6. Have a balanced diet for a long life.

☐

3. Exercise every day.

☐

7. Change your pillow cover once a month.

☐

4. Eat until you feel 100% full.

☐

8. Keep warm in winter.

D Reading

1

Read the health tips and complete each statement (1 – 6) with one word from the text.

HEALTH TIPS



- a. Eat less salt and sugar. They put us at the risk of heart disease.
- b. Drink enough water, about one and a half litres a day. Make sure that the water you are drinking is safe. Unsafe water can lead to many kinds of diseases.
- c. Do more physical activities like sport and housework. It helps keep you fit and active.
- d. Reduce sitting and screen time. Stand up every hour and do some simple exercise or walk around. Exercise your eyes too.
- e. Get seven to eight hours of good sleep each night. This helps both your mind and body work well.
- f. Handwash regularly with soap and water. Clean hands help prevent the spread of some diseases.



Eat healthy!



Drink water!



Be active!



Take breaks!



Get enough sleep!



Keep your hands clean!

Statements



- 1. Eating a lot of salt or sugar can lead to _____ disease.
- 2. Drink only _____ water.
- 3. Doing housework is also a type of _____ activity.
- 4. Stand up every hour and do some _____ to reduce sitting time.
- 5. Your mind works well if you get enough good _____.
- 6. _____ regularly to prevent some diseases.

Small habits make a big difference! ♥

Healthy People Happier Lives! 📢