

VOCABULARY : HEALTHY LIVING

1.rau củ có màu: colou.....
2.đọc trong ánh sáng mờ : read in
3. bỏ bữa sáng : breakfast.
4. uống đồ uống có ga : drink drinks
5 ăn đồ ăn nhanh : eat
6. tập thể dục : do
7.thức khuya : stay
8.ngủ 7 hoặc 8 tiếng 1 ngày : sleep 7 or 8 a day
9.uống đủ nước : drink
10. bị gãy tay : have a arm
11.bị viêm họng : have a
11.giữ cân đối : keep
12,ảnh hưởng :
13.uống thuốc : take
14. tránh :
15.béo phì have an
16. thừa cân : be

Rewrite the sentences :

2. Complete the sentences with the words and phrases below.

tofu

fit

chapped lips

weight

harms

bins

1. Doing housework is a kind of exercise. It helps keep you_____

2. Some of a vegetarian's main foods are _____and vegetables.

3. Physical activities like running help you lose _____

4. There should be more _____ in public places.

5. Reading in dim light _____ your eyes.

6. Cold weather causes _____ and skin.

3. Rearrange the words and phrases to make simple sentences.

1. a lot of / We / to prevent / garlic / eat / the flu /.

2. do not / have much stress / in the countryside / People /.

3. your / eye drops / tired eyes / You / for / can use /.

4. my country / Green tea / in / a popular drink / is /.

5. keep you / and active / Physical activities / strong / help /.

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 liters 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 sports 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.

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.

Combine the two sentences into one sentence.

1. **I eat a lot of vegetables. I eat a lot of fruit**

→ I eat a lot of vegetables _____.

2. **Mai likes fish . Her Dad likes fish too**

→ Mai and _____.

3. **You should exercise regularly. You should play sports**

→ You should exercise _____.

4. **We should not eat too much fast food. We shouldn't drink soft drinks**

→ We should not eat too much fast food _____.