

## HEROES 6 UNIT 1 EXTRA ACTIVITY

1. What does David do to stay healthy? Listen and put the phrases in the correct place.

do exercise    drink enough water    eat healthy snacks    eat junk food and have  
fizzy drinks    get enough sleep    have a check-up    miss breakfast    spend  
time on the computer    play outside    wear sun cream

He does ...	He doesn't

2. Read and complete the sentences with the correct form of the verb.



- 1 They often \_\_\_\_\_ junk food. (eat)
- 2 They always \_\_\_\_\_ sun cream in the summer. (wear)
- 3 He \_\_\_\_\_ a lot of time on the computer every day. (spend)
- 4 It's time for PE. They \_\_\_\_\_ exercise today. (do)
- 5 It's 4 o'clock and he \_\_\_\_\_ a healthy snack. (eat)
- 6 She often \_\_\_\_\_ to bed late. (go)
- 7 He \_\_\_\_\_ fizzy drinks at home. (not have)
- 8 She \_\_\_\_\_ enough water. (not drink)
- 9 It's break time. They \_\_\_\_\_ outside. (play)
- 10 He \_\_\_\_\_ breakfast this morning. (miss)