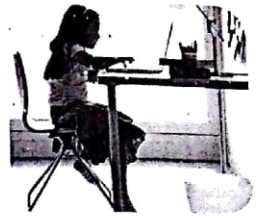
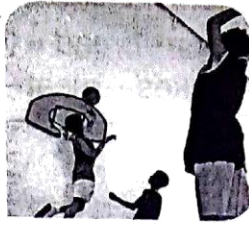


# 5

# Keeping healthy

1 Match the photographs to the healthy habits.



good posture

good hygiene

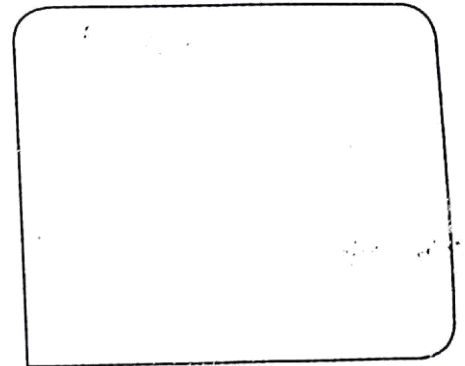
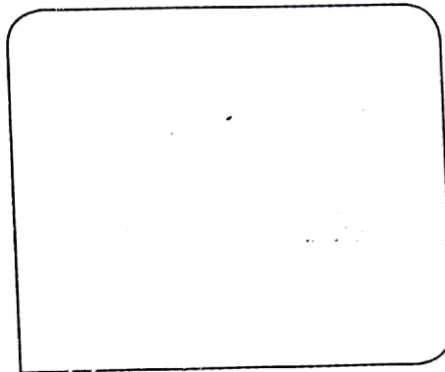
healthy diet

sleep

physical exercise

2

Draw two good hygiene habits you have.



3 Tick (✓) the good posture.

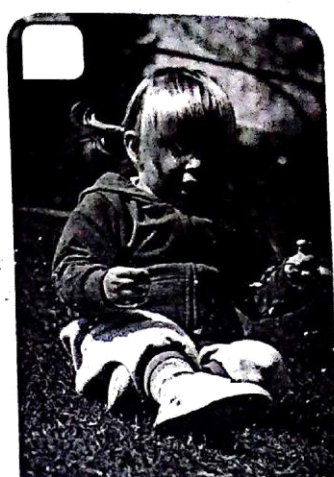


4 Match to make sentences about healthy habits.

- |                          |                              |
|--------------------------|------------------------------|
| a. We need to exercise   | our backs.                   |
| b. We must eat           | enough water.                |
| c. We need to look after | hours of sleep a night.      |
| d. We need ten           | regularly.                   |
| e. We must drink         | a healthy and balanced diet. |

P.5

5 How much sleep do they need? Look and match.



a. They sleep for sixteen hours or more every day.

b. They need about ten hours of sleep.

c. They sleep less, only about six hours a night.

d. They need about eight hours of sleep.

6 Circle the healthy habits.



7 Read these sentences about doing exercise. Write T (true) or F (false).

a. Exercise makes you more flexible.

b. Team sports are not as healthy as individual sports.

c. Exercise makes your muscles and bones stronger.

d. By practising a team sport you learn to work in a group.

e. Swimming is not very good for your lungs and heart.

P.6



8. Which of these foods are fresh and which are processed? Classify.

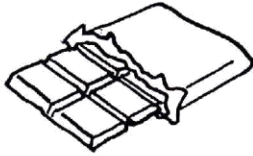
orange



cake



chocolate



meat



ice cream



apple



processed

fresh

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. Use the code and find out a healthy habit.

• = A   ~ = C   ∩ = D   ∪ = E   ~ = F   ♣ = G   ◇ = H   ∩ = I   ⊂ = L   ★ = P  
 ◆ = M   ▲ = N   ∇ = O   ♠ = R   ∅ = S   \* = T   ♥ = U   ≡ = V   ∴ = W   Δ = Y

≈ ∩ ⊂ ∩ ♠ ∪ ∪   ∪ ∪ ∪   \* ∇   ∅ ∩ ∪ ∪ ★   \* ∪ ∪   ◇ ∇ ♥ ♠ ∅   •   ∩ • Δ

\_\_\_\_\_

10. Give two examples of natural foods and two of processed foods.

- a. natural foods   ► \_\_\_\_\_
- b. processed foods   ► \_\_\_\_\_

P. 7

11. Read the sentences and write T (true) or F (false). sentences.

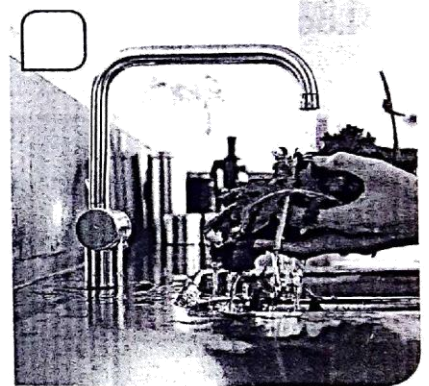
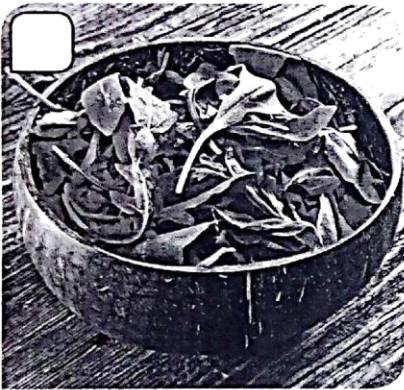
- a. Playing electronic games is a leisure activity.
- b. Physical exercise is not good for your heart.
- c. You must brush your teeth after every meal to avoid tooth decay.
- d. You must wash your hands only once a day.
- e. Pulses and cereals need preserving.
- f. Heating, cooling and adding preservatives are methods to preserve food.

12 Complete the sentences about healthy habits.

clean – sleep – posture – diet – exercise

- a. Get enough \_\_\_\_\_.
- b. Keep your body \_\_\_\_\_.
- c. Do regular \_\_\_\_\_.
- d. Eat a healthy and balanced \_\_\_\_\_.
- e. Have good \_\_\_\_\_ to look after your back.

13 Number the steps to prepare a salad. Then, complete the sentences.



- a. Wash your \_\_\_\_\_.
- b. \_\_\_\_\_ the salad ingredients.
- c. Put the salad in a \_\_\_\_\_.

14 Complete the sentences with the correct words.

energy – rest – healthy – tired – ill – recover – sleep

P.8

- a. After a busy day, we feel \_\_\_\_\_.
- b. Sleep keeps our body \_\_\_\_\_ and gives it \_\_\_\_\_.
- c. Sleep also helps us to \_\_\_\_\_.
- d. Children need to \_\_\_\_\_ ten hours a day.
- e. People who sleep badly get \_\_\_\_\_.
- f. We need to \_\_\_\_\_ after a long day.

