

HEALTHY HABITS

For Healthy Kids

STAY FIT

- Get about eight hours of sleep each night.
- Do some form of exercise every day: run, walk, stretch, play.

STAY HEALTHY

- Practice good hygiene by keeping yourself clean and germ free.

STAY HAPPY

Make good choices every day for a happy, healthy YOU!

STAY ENERGIZED

- Eat nutritious meals and snacks daily. Include foods from these groups: dairy, grains, protein, vegetables, and fruits.

STAY SAFE

- Wear proper gear when playing sports, bicycling, or riding in a car.
- Obey safety rules.





What's the matter?

Vocabulary

Complete the sentences with the correct words from the box.

back better broke hurting matter stomach-ache temperature toothache



- 1 I fell in the park and now my arm is hurting.



- 5 Grace went to hospital because she her leg.



- 2 Let's call the dentist. You've got terrible



- 6 Sam, you're really hot. Have you got a ?



- 3 My uncle's hurts because he carried a big box today.



- 7 What's the ? You look sick.



- 4 Don't eat too many grapes. You don't want to get



- 8 My grandfather had a cold last week, but he is now.





FIT AND HEALTHY



Write:

- a) Tom never _____ sweets during the week.
- b) They _____ fizzy drinks at dinner.
- c) He _____ to bed around midnight.
- d) Maria and John _____ vegetables at lunch.
- e) I _____ sport during the week. I _____ active.
- f) My sister _____ books before she _____ to bed.
- g) My brother _____ TV every day.
- h) I always _____ fruit twice a day.
- i) My parents _____ films before going to bed.
- j) Sophie and Ann _____ computer games two hours a day.
- k) You never help at home. You _____ lazy!
- l) Bill _____ water at meals and he always _____ healthy snacks. He _____ sport five times a week. He _____ a fit and healthy boy.





Unit 11: What's the matter with you?

Exercise 7: Give advice for these health problems.

Viết lời khuyên cho các vấn đề sức khỏe sau.

1.



I have a sore throat.

->

2.



She has a toothache.

->

3.



He has a fever.

->

4.



My dad has a backache.

->

5.



My friend has a headache.

->

Exercise 8: Write 5 tips to stay healthy.

Em hãy viết 5 cách để sống lành mạnh.

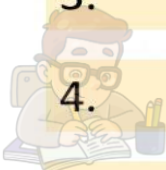
1.

2.

3.

4.

5.



NAME:

Staying healthy

GRADE:



Listen and fill in

.....or can't help you to stay fit.

.....will make you fit. You canor

.....or.....if you don't like team sports.

Regular exercise gives you more

.....,and contain too much sugar, fat or salt.

.....andhelp you to stay healthy and grow strong.

.....drinks contain a lot of sugar.

One of contains 9 teaspoons of sugar.

Your body needs calcium to make healthy.....



Read.



Max

I don't like vegetables. I like having pizza, crisps and hot dogs for lunch. I don't eat fish at all. Sometimes Mum makes me drink some milk. I don't drink fizzy drinks. Every day I walk to school. I go swimming every week. I also ride my bike in the park at weekends.

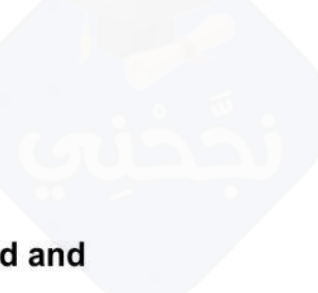
I eat lots of fruit and vegetables to stay healthy. I usually have chicken with rice and salad for lunch. I also drink lots of milk because it keeps my bones and teeth strong. I don't like water very much so I often drink fizzy drinks. I can't ride a bike so my Mum drives me to school every day.



Sally

Use should and shouldn't to give advice

Write a paragraph where you tell people what they should and should not eat to have a healthy life





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1.

2.

3.

4.

5.



EMOTION SYNONYMS

happy



glad
cheerful
joyful
content
cheery
jovial
jolly
merry

sad



unhappy
sorrowful
dejected
depressed
downcast
miserable
down
dismal
melancholy

surprise



astonished
bewildered
shocked
startled
stunned
astounded
amazed
eye-opened
unforseen

fear



scared
terrified
frightened
horrified
unease
panicked
alarmed
afraid
distressed

#ewaenglish





MY FAVOURITE MENU



BREAKFAST		LUNCH		DINNER	
	milk and biscuits		rice		burgers and chips
	milk and cereals		salad		pizza
	orange juice and donuts		chicken		fish
	yoghurt		chips		sandwiches
	fruit		vegetables		soup
			spaghetti		sausages

• Choose and write your favourite menu



BREAKFAST

I like _____ for breakfast.

I don't like _____.

LUNCH

I like _____ for _____.

I don't like _____.

DINNER

My favourite food is _____.



CABBAGE

ملنوف



TOMATO

البندورة



POTATO

البطاطس



ONION

بصل



EGGPLANT OR BRINJAL

الباذنجان



BEET

بنجر



BOK CHOY

والبوك تشوي



CAPSICUM

الفليفلة



BOTTLE GOURD

كالباش



GARLIC

ثوم



CARROT

جزر



CUCUMBER

خيار



GREEN PEAS

البازلاء



CAULIFLOWER

قرنبيط



RADISH

فجل



BROCCOLI

قنبيط أخضر



PUMPKIN

اليقطين



GREEN ONIONS

بصل أخضر



GRAPES



APPLE



BANANA



PAPAYA



ORANGE



CRANBERRIES



CHERRY



BLUEBERRY



MELON



PEACH



COCONUT



STRAWBERRY



POMELO



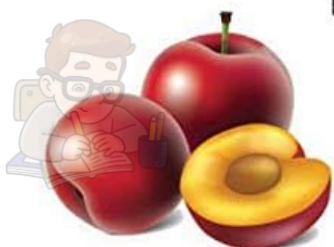
PINEAPPLE



POMEGRANATE



PLUM



BLACKBERRY



WATERMELON

