

# 3

# Keeping healthy

1 Match the photographs to the healthy habits.



good posture

good hygiene

healthy diet

sleep

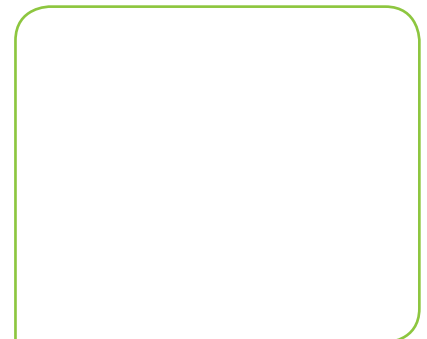
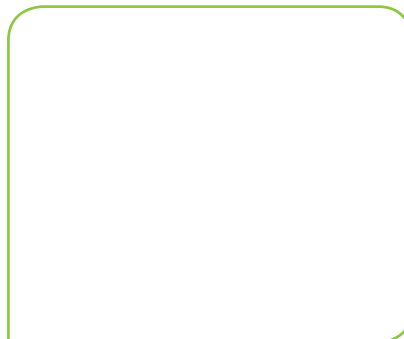
physical exercise

2 How can we look after our body? Find the words to complete the sentences.







a	f	g	l	k	e	y	b	s
z	q	e	p	d	x	v	h	v
r	h	y	g	i	e	n	e	a
s	j	d	a	q	r	u	t	x
v	d	o	b	a	c	k	s	p
k	i	z	v	w	i	x	r	l
b	e	n	b	h	s	l	w	n
r	t	m	s	l	e	e	p	p

- a. We need to eat a healthy, balanced \_\_\_\_\_.
- b. We need to do \_\_\_\_\_ regularly to keep our muscles strong.
- c. We need to rest and get enough \_\_\_\_\_ at night.
- d. We must have good \_\_\_\_\_ to stop germs from spreading.
- e. We need to sit correctly at school to look after our \_\_\_\_\_.

3 Draw two good hygiene habits you have.



1 Write *F* for fresh or *P* for processed foods.

						
fresh foods						
processed foods						

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



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

3 Write the method of preserving food next to its definition.

- Some substances are added to prevent them spoiling. \_\_\_\_\_ .
- Heat helps to eliminate organisms that spoil food. \_\_\_\_\_ .
- Food can be preserved in the fridge or in the freezer \_\_\_\_\_ .

1 Draw your favourite leisure activities.

- Which of these activities do you do on your own?

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- And with your family?

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2 Look at the photos. Circle the cultural activities.



- Do you ever do cultural activities?

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- What cultural activity do you prefer?

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**1 Answer the questions.**

a. Do you play video games?

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b. Do you think video games are educational?

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c. How much time do you spend playing video games?

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d. Some children spend a lot of time playing video games. What advice can you give them?

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**2 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.