

I Can Take Care of My Body

Lesson 1 » Healthy Eating

1. Write the food from the box in the corresponding space.

apples bananas beans bread
broccoli carrots cheese chicken
eggs fish meat milk oil onions
oranges pasta potatoes rice
spinach sweets yogurt



Fats
and
sugar

OIL

Protein

CHICKEN EGGS FISH MEAT

Dairy products

CHEESE YOGURT MILK

Fruit and vegetables

APPLES BANANAS BROCCOLI
CARROTS CEBOLLA NARANJA
PAPA SPINACH SWEETS

Carbohydrates

BEANS BREAD RICE

2. Read the text and answer the questions.

The food pyramid is a good guide to eating a healthy diet. Carbohydrates are especially good for children and athletes because they can give a lot of energy and fibre. Fruit and vegetables are really good for everyone. They can keep you healthy because they are rich in fibre, vitamins and minerals that prevent many illnesses. Fibre is necessary for good digestion. Dairy products can help you to have strong bones and teeth because they are rich in calcium. Proteins can help your muscles and brain. They are rich in iron. Iron is good for your blood and brain. Fats and sugar are not very beneficial. Some oils like olive oil is good, but too much fat and fried food is unhealthy. The same with sweets: you can only eat a few!

- Can you reduce illnesses eating fruit and vegetables? Yes, you can.
- Can carbohydrates help your digestion? YES, THEY CAN.
- Does calcium help to produce strong bones and teeth? YES, THEY HELP.
- Is iron bad for your brain? NO, IT IS NOT.
- Are all oils bad for your body? NO, NOT ALL OF THEM ARE.
- Are sweets good for your health? NO, THEY ARE NOT.

Lesson 2 » Be Smart: Do Exercise!

1. Eating healthily is not the only way to be healthy. Match the activities with the effects.

- | | |
|--------------------------------|------------------------------|
| 1. Cleaning the house _____ | A. makes you ill. |
| 2. Doing exercise _____ | B. prevents allergies. |
| 3. Eating unhealthy food _____ | C. helps our body work well. |

2. Write sentence using *can*. Use the ideas in exercise 1.

- Cleaning the house can prevent allergies.
- Doing exercise I CAN STRENGTHEN MY BODY.
- Eating unhealthy food CAN HARM MY BODY.
- Being outdoors CAN BE HEALTHILY.
- Being indoors CAN BE UNHEALTHILY.

3. What sports or activities can or can't these people do? Use the words from the box.

athlete baseball basketball cycling football swimming

- I can't ride a bike. You can't go cycling.
- I can run very fast. You YOU CAN GO ATHLETE.
- I can jump very high. YOU CAN GO BASKETBALL.
- I can't be underwater. YOU CAN'T NOT GO SWIMMING.
- I can throw the ball very far. YOU CAN GO BASEBALL.
- I can't control the ball with my feet. YOU CAN'T NOT GO FOOTBALL.

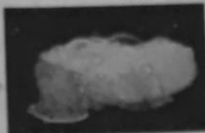
4. Think about your own abilities and complete the table. Then write full sentences about yourself.

Can	Can't
JUMP VERY HIGH RIDE BIKE DANCE SING SWIMMING RUN VERY FAST	sing PLAY BASEBALL PLAY TENNIS PLAY PING PONG

- I can't sing well, but I want to take singing lessons.
- I can RUN VERY FAST.
- I can't PLAY TENNIS.
- I CAN SING.
- I CAN'T PLAY PING PONG.
- I CAN RIDE BIKE.

Lesson 3 » Being Clean is Cool and Fun!

1. Use the photos to answer the questions.



1. What do you use to brush your teeth? I use a toothbrush and toothpaste.
2. What do you use to wash your hair? SHAMPO
3. What do you use to brush your hair? HAIR COMB
4. What do you use to smell nice? FRAGRANCE
5. What do you use to cut your nails? NAIL CLIPPER



2. Complete the survey about you. Write full sentences.

How often do you ...	Write full sentences using always, often, sometimes, or never
have a shower?	OFTEN
brush your teeth?	OFTEN
wash your hair?	OFTEN
brush your hair?	OFTEN
cut your nails?	SOMETIMES
use deodorant?	OFTEN

3. Read about Santiago's hygiene routine. Complete the paragraph with the correct form of the verbs.

Lifestyle

Santiago ¹ lives (live) in a very hot city. For this reason, he ² HAVES (have) a shower twice a day (sometimes three times in a day when it is very hot): in the morning before school and when he ³ ARRIVES (arrive) home. Sometimes he ⁴ HAVES (have) a shower before going to bed. He also ⁵ WASH (wash) his hair every day because of the temperature. He only ⁶ BRUSH (brush) his teeth twice a day because he can't do it at school. In hot weather nails grow faster, so he ⁷ CUTS (cut) his nails twice a week. So, as you can see, routines can be different for many people!