I Can Take Care of My Body

Fats and sugar

Ю

Protein

CHIEN I CAS TEST MENT

Lesson | » Healthy Eating

Write the food from the box in the corresponding space.

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

BYLLER YOURRE MEX

Fruit and vegetables
APPLIS TIANAMAS TIREXCOST
CARROTS CLHOTTA NARANIA
THE STENACT SWITTS

Carbohydrates

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!

- 1. Can you reduce illnesses eating fruit and vegetables? Yes, you can
- 2. Can carbohydrates help your digestion? MIS THEY (65N)
- 3. Does calcium help to produce strong bones and teeth? Mass High 11 (1)
- 4. Is iron bad for your brain? NO. III is NO.
- 5. Are all oils bad for your body? No. Not All OILTHI MARK
- 6. Are sweets good for your health? NOT 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 A. makes you ill. Cleaning the house — B. prevents allergies. Doing exercise -C. helps our body work well. Eating unhealthy food — Write sentence using can. Use the ideas in exercise 1. Cleaning the house _ con prevent ollergies 2. Doing exercise 100k STRENGTHER RESIDENCE 3. Eating unhealthy food CAV HARMAN HOUSE 4. Being outdoors CANTHELL ALTHOU 5. Being indoors CALLIE COMMON STATES 3. What sports or activities can or can't these people do? Use the words from the box. athlete baseball basketball cycling football swimming 1. I can't ride a bike. You can't go cycling 2. I can run very fast. You Wall CAN DE AUGEN 3. I can jump very high State of the SKETTON. 4. I can't be underwater. YUMANA JANAHARAN WULLDER 5. I can throw the ball very far. You bout the ball very far. 6. I can't control the ball with my feet. Millian Philanese and the same of the ball with my feet. 4. Think about your own abilities and complete the table. Then write full sentences about yourse Can't Can sing MAY PASITIAN MAY II NNIS MAY II NNIS LANG RUN VERY LASE. I can't sing well, but I want to take singing lessons. 2. 1 can RUN VERY FART 3. I can't HAY ILNNIS CONTRINES. LOAN TEPLAY PINCERONG LCAN BUT THE

Lesson 3 » Being Clean is Cool and Fun!

Use the photos to answer the questions.



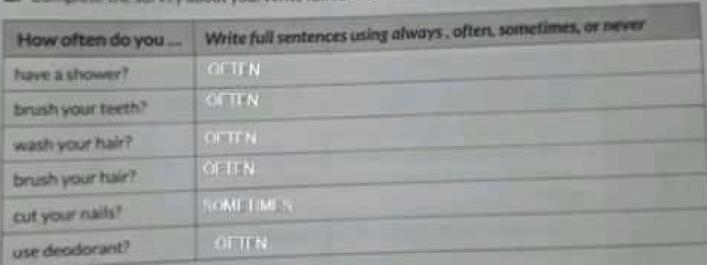








- I. What do you use to brush your teeth? I was too how and too the sale.
- 2. What do you use to wash your hair? SIPANIE.
- 3. What do you use to brush your hair? Will 240 Mil.
- 4. What do you use to smell nice? I (UNRANO)
- 5. What do you use to cut your nails? NAIL CLIPPIER
- Complete the survey about you. Write full sentences.



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

Lifestyle