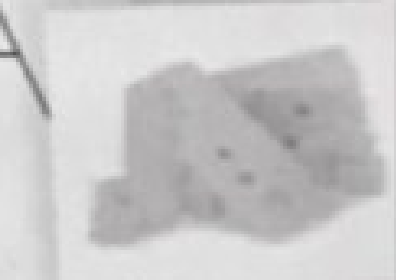


I Can Take Care of My Body

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, fish,
sweets

Protein
Chicken,
Meat,
Eggs, beans

Dairy products
Chesse,
Milk,
yogourt

Fruit and vegetables
Apples, Bananas, Broccoli
Carrots, onions, oranges,
potatoes, spinach

Carbohydrates
Rice, bread, pasta

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? No, it can't
- Does calcium help to produce strong bones and teeth? yes, it can
- Is iron bad for your brain? No, that's not bad
- Are all oils bad for your body? No, that's not bad
- Are sweets good for your health? They are not good

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.

- | | |
|--------------------------|------------------------------------|
| 1. Cleaning the house | <u>can prevent allergies</u> |
| 2. Doing exercise | <u>can help our body work well</u> |
| 3. Eating unhealthy food | <u>can makes you ill</u> |
| 4. Being outdoors | <u>Can be healthy</u> |
| 5. Being indoors | <u>it can't be healthy</u> |

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. | <u>You can't go cycling</u> |
| 2. I can run very fast. | <u>You can't go athlete</u> |
| 3. I can jump very high. | <u>You can't go basketball</u> |
| 4. I can't be underwater. | <u>You can't go swimming</u> |
| 5. I can throw the ball very far. | <u>You can't go baseball</u> |
| 6. I can't control the ball with my feet. | <u>You can't go football</u> |

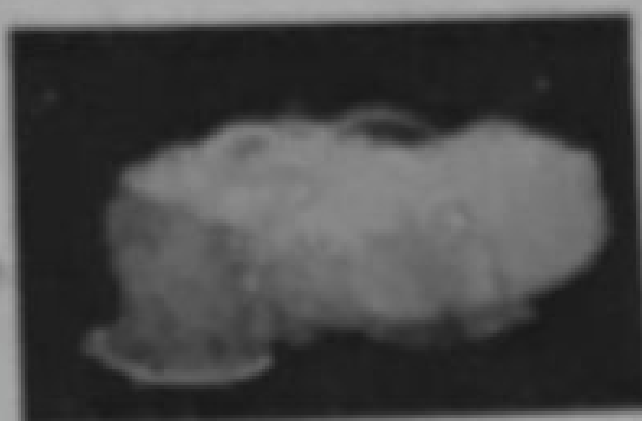
4. Think about your own abilities and complete the table. Then write full sentences about yourself.

Can	Can't
dance draw sing	sing football swim

- | | |
|----|---|
| 1. | <u>I can't sing well, but I want to take singing lessons.</u> |
| 2. | <u>I can dance, but I want to be professional</u> |
| 3. | <u>I can't play football, but I want to learn football</u> |
| 4. | <u>I can draw, but I want to be a better draftsman</u> |
| 5. | <u>I can't swim, but I want to be an excellent swimmer</u> |
| 6. | <u>I can sing, but I want to be a better singer</u> |

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? I use shampoo for hair
3. What do you use to brush your hair? I use brush for hair
4. What do you use to smell nice? I use deodorant
5. What do you use to cut your nails? I use nail clippers



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

How often do you ...	Write full sentences using <i>always</i> , <i>often</i> , <i>sometimes</i> , or <i>never</i>
have a shower?	I always take a shower
brush your teeth?	I frequently brush my teeth
wash your hair?	I sometimes wash my hair
brush your hair?	I often brush my hair
cut your nails?	I sometimes cut my nails
use deodorant?	I always use deodorant

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 has (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 has (have) a shower before going to bed. He also ⁵ washes (wash) his hair every day because of the temperature. He only ⁶ brushes (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!