

Sara Valentina Flores Olivos

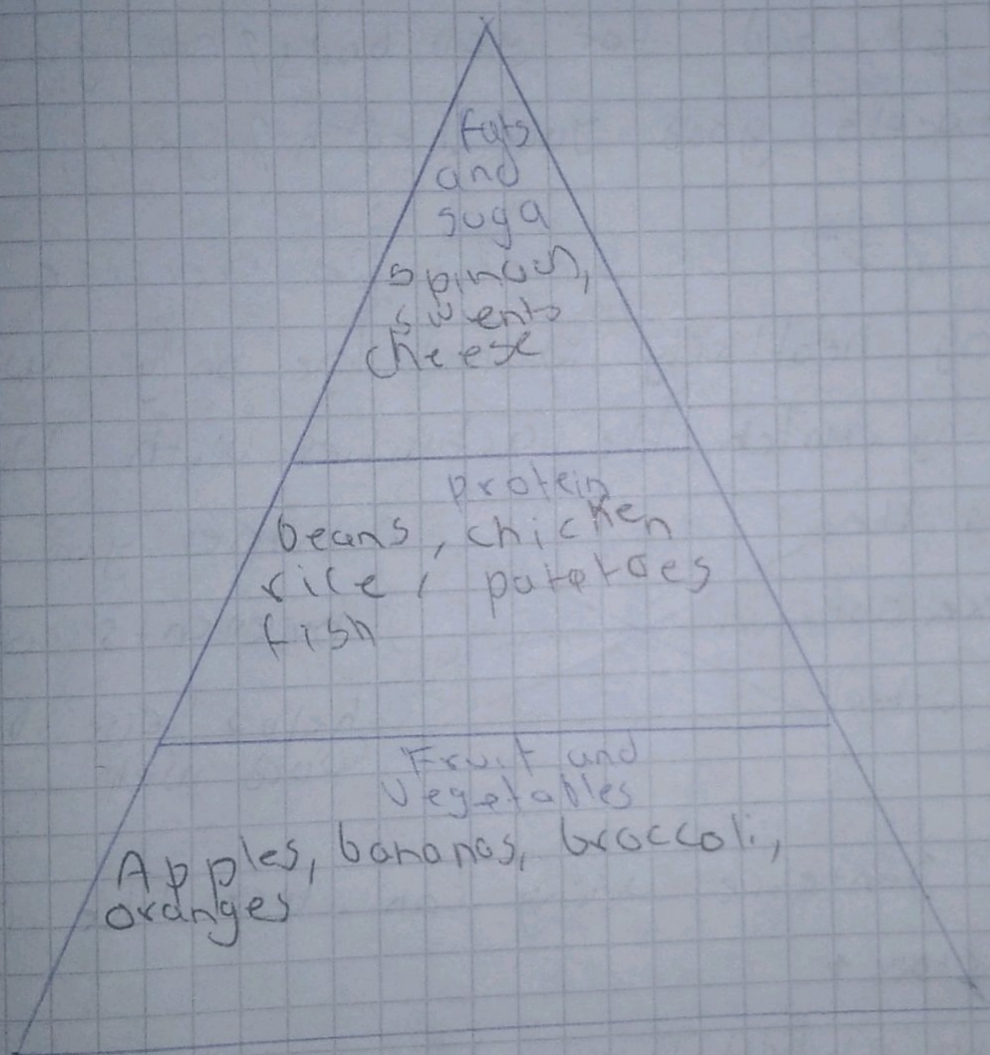
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25 04 2021

I can take care of my body

Lesson 1 >> Healthy Eating

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



Verbos modales can, can't

2. Read the text and answer the questions
3. Does calcium help to produce strong bones and teeth? yes, you can
4. is iron bad for your brain? yes, you can
5. Are all bad for you body? no, you can
6. Are sweets good for health? yes, you can

Lesson 2 >> Be smart: Do exercise

↳ 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. Do exercise | | B prevents allergies |
| 3. Eating unhealthy | | C helps our body work well |

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

3. Eating unhealthy food Not good
4. Being outdoors Very good
5. Being indoors Not good
6. Do exercise Very good

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Pages

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

1. I can't ride a bike. you can't go cycling

2. I can run very fast. you you can't you

3. I can jump very high. you can't ~~baseball~~ ~~baseball~~

4. I can't be underwater. you can't swimming

5. I can throw the ball very far. you can't foot ~~ball~~

6. I can't control the ball with my feet. baseball

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

Can

be lazy

homework

be smart

to be a good person

Can't

Rude

short-tempered

be direct

and be vindictive

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1. I can't sing well but I want to take
2. I can be lazy
3. I can't ride
4. I can homework
6. I can't be that

Lesson 3 → Being clean is cool and fun!

1. Use the photos to answer the questions

2. What do you use to wash your hair?

Shampoo

3. What do you use to brush your hair?

A comb

4. What do you use to smell nice?

fragrance

5. What do you use to cut your nails?

nail clipper

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2. Complete the survey about you. Write full sentences

How often do you	write full sentences using always, often, sometime or never
take a shower?	every other day, because it is bad to bathe every day
brush your teeth?	everyday
wash your hair?	each three days
brush your hair?	everyday
cut your nails?	once a month
use deodorant?	one day every other

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

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Lifestyle

Santiago lives in a very hot city. for this reason, he have a shower twice a day (Sometimes three times in a day when it is a very hot): in the morning before school and when he wash his hair every day because of the because of the temperature. He only brush his teeth twice a day because the can't do it school. In hot weather hairs grow faster so he cut his nails twice a week. so as you can see, routines can be different for many people.

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Evaluation

Check your progress

Choose the correct option

1. Which one is not a vegetable

c. meat

2. Which one is not a protein?

b. bread

3. Fibre is good for you?

d. Respiration

4. It's better to eat sweets

a. Once moth

5. You can find healthy oils in

d. butter

6. A baseball player can throw a ball
hard