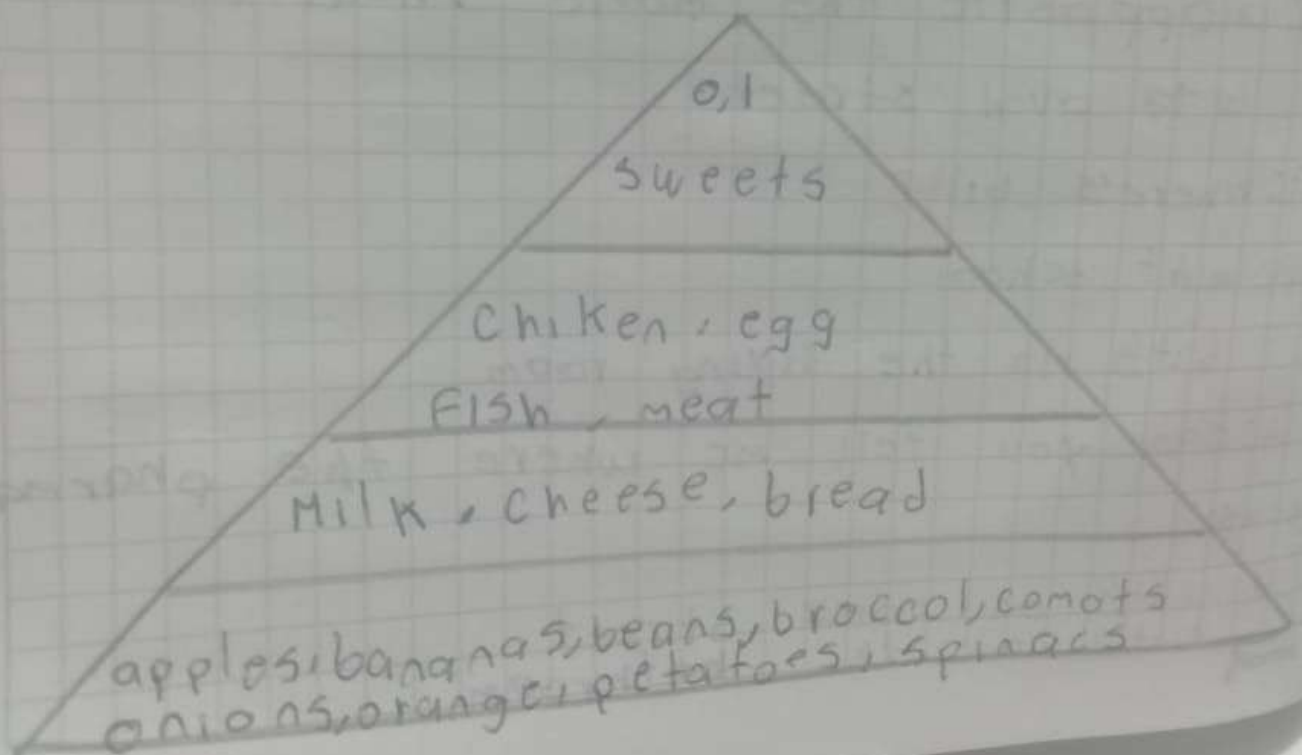


Activated

12-4-27

Write the food from the box in the corresponding space



2 read the text and answer the questions

1 can you reduce illnesses eating fruit and vegetables yes you can

2 can carbohydrates help your digestion no, they can energy and fibre

3 does calcium help to produce strong bones and teeth yes they are in calcium

4 is iron bad for your brain no is good

5 are all oils bad for your body no not all some oils

6 are sweets good for your health no, but you can eat few

7 eating healthily is not the only way to be healthy match the activities with the effects

1 cleaning the house

2 doing exercise

3 eating unhealthy food

4 write sentence using can use the ideas in exercise

a makes you ill

b prevents allergies

c helps our body work well

- 1 cleaning the house can prevent allergies
 - 2 doing exercise can help your body work
 - 3 Eating unhealthy Food can sick you
 - 4 being outdoors can we may get covid
 - 5 being indoors can prevent a flu
- 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
- 2 I can run very fast you
- 3 I can jump very high
- 4 I can't be underwater
- 5 I can throw the ball very far
- 6 I can't control the ball with my feet

Can	Can't
basketball	sing
soccer	

1 I can't sing well but I want to take singing lessons

2 I can sing

3 I can't play basketball well but I want to take classes

4 I can basketball

5 I can't (soccer) play soccer and I need classes

6 I can soccer

1 Use the photos to answer the questions

1 What do you use to brush your
use a toothbrush and

2 What do you use to wash your hair
use a brush hair

3 What do you use to brush your
hair

use a deodorant

a day because he can't do it at school
In hot weather nails grow faster so
he cut (cut) his nails twice a week so
as you can see routines can be different
for many people!

How often do you write full sentences using the verbs below?
have a shower / always I take a shower
brush your teeth always I brush my hair
wash your hair always I wash my teeth
brush your hair always I brush
cut your nails often I cut my nails
use deodorant always I use deodorant

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

Lifestyle

Santiago lives (live) in a very hot city. For this reason he 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 arrives (arrive) home. Sometimes he has (have) a shower before going to bed. He also washes (wash) his hair every day because of the temperature. He only brushes (brush) his nails twice a week.