

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

2 Read the text and answer the questions.

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

2 can carbohydrates help your digestion?

can carbs help your digestion Some carbohydrates are healthy and some are not if you can

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 oils bad for your body? no you can

6 are sweets good for your health? no you
can't

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

- | | | |
|--------------------------|--------------|---------------------------------------|
| 1 cleaning the house. | 1 | 1 makes you ill |
| 2 doing exercise. | 2 | 2 prevents allergies |
| 3 eating unhealthy food. | 3 | 3 helps our body work well |

2 Write sentences using can, use the ideas
in exercise 1.

1 cleaning the house can prevent allergies

2 doing exercise your body will be healthier

3 Eating unhealthy food can make you sick

4 being outdoors it can give you a disease

5 being indoors helps you not get sick

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 I don't run very fast
- 3 I can jump very high you can't jump too high
- 4 I can't be under water I can't be under water you can't swim under water
- 5 I can throw the ball very far I can't control the ball with my feet you can't control football very well
- 6 I can't control the ball with my feet I don't control basketball very well

4 think about your own abilities and complete the table then write full sentences about yourself.

can

can't

I know how to play soccer. I can play very well in virtual games. I am very good at math. I am good at rubbing.	I can't sing or speak english and I can't play basketball. I can't paint or draw. I can't play volleyball.
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1 I can't sing well but I want to take singing

lessons

2 I can play football very well on defense

3 I can't I can't speak english very well

4 I can solve mathematical things very easily

5 I can't play volleyball very well

6 I can play virtual games very well

1 Use the photos to answer the question

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 to wash my hair

3. What do you use to brush your hair?
I use a brush to comb my hair

4. What do you use to smell nice? I use
a perfume to smell good

5. What do you use to cut your nails? I
use a nail clipper to cut them

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?	every day sometime
brush your teeth?	3 times a day sometime
wash your hair?	wash your hair once a week sometime
brush your hair?	brush your hair every day sometime
cut your hair?	cut your hair every 2 weeks sometime
use deodorant?	use deodorant every day sometime

Lifestyle

Santiago ¹ lives (lives) in a very hot city
For this reason he ² have (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 arrive (arrive) home sometimes
he ⁴ have (have) a shower before
going to bed He also ⁵ wash (wash)
his every day because of the tempera-
ture he only ⁶ brush (brush) his teeth
twice a day because he can't do it
at school in hot weather hair
grows faster so he ⁷ cut (cut) his
hair twice a week so as you
can see routines can be different
for many people!