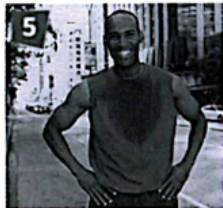
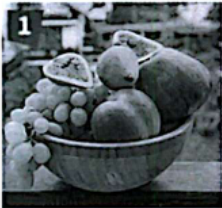


**Health**

1 Complete the phrases with the words in the box.

better    feel    feel    for    you



- 1 good for you
- 2 feel better
- 3 is not good for you
- 4 feel fine
- 5 feel well

2 Complete the conversations with the phrases from Exercise 1.

- 0 A: Why do you eat lots of apples?  
B: Because they're good for you!
- 1 A: I eat chocolate and biscuits every day. Is that OK?  
B: Don't eat them every day. It is not good for you.
- 2 A: I'm tired. I can't do my homework.  
B: Go for a walk. You'll feel well after that.
- 3 A: I don't eat fruit and vegetables. Sometimes I don't feel well.  
B: It's good for you to eat fruit and vegetables. Eat them and you'll feel fine.
- 4 A: I don't have breakfast. And in the morning at school I don't feel well.  
B: Oh, have breakfast! You'll feel better.

3 Answer the questions with sentences about you.

- 1 What makes you feel well?  
*Swimming makes me feel well. I always feel better.*
- 2 What is good for you?
- 3 What isn't good for you? **Student's own answers.**

4 Read the text. What time does the family eat breakfast?

**What we have for breakfast**

Laura is 12 years old and is from Cambridge. She tells us about breakfast in her family.

Some people don't have breakfast, but my mum and dad say a healthy breakfast is good for us – we feel well.

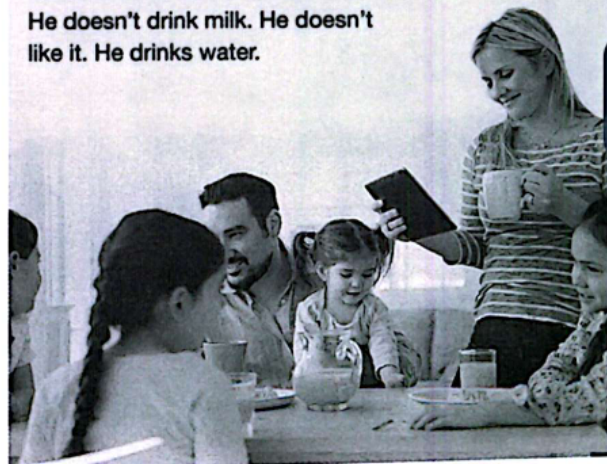
My family has breakfast at seven o'clock every morning. I eat some fruit and some bread. I drink some water too. I don't eat biscuits. I like them but my mum says they're not good for me.

Raquel and Paula are my sisters. Raquel likes milk and drinks lots of it. She has bread and butter for breakfast and lots of fruit. Paula doesn't like bread. She has fruit and some water.

My brother's name is Will. Will eats eggs and bread and butter for breakfast. He has orange juice too. Will likes fruit, but he doesn't like it at breakfast. He eats fruit at lunch.

Mum has fruit, yoghurt, and milk for breakfast. Dad has some bread and butter. He has some cheese too.

He doesn't drink milk. He doesn't like it. He drinks water.



5 Read the text again. Match the descriptions to the people.

- |                   |                                |
|-------------------|--------------------------------|
| 1 Raquel <b>C</b> | a eggs, bread and orange juice |
| 2 Paula <b>e</b>  | b fruit, yoghurt and milk      |
| 3 Will <b>a</b>   | c milk, bread and fruit        |
| 4 Mum <b>b</b>    | d bread, cheese and water      |
| 5 Dad <b>d</b>    | e fruit and water              |
| 6 Laura <b>f</b>  | f fruit, bread and water       |

# GRAMMAR

## Pronouns

- Choose the correct words to complete the sentences.
  - I like eating biscuits but they aren't good for me / him.
  - I play tennis with my friends. It's good for her / us.
  - I play the guitar but I'm not very good at him / it.
  - My sister eats vegetables. They're good for him / her.
  - My brother sleeps for eight hours every night. It's good for him / her.
  - My parents like running. It's good for them / her.
  - Eat lots of fruit. It's good for it / you.

- Change the underlined words. Write *him, her, it, us, them* or *you*.



- |   |             |
|---|-------------|
| 0 I like football. I'm good at <u>football</u> .                              | <u>it</u>   |
| 1 My brother eats lots of sugar. It's not good for <u>my brother</u> .        | <u>him</u>  |
| 2 My friends and I walk to school. It's good for <u>my friends and me</u> .   | <u>us</u>   |
| 3 My sister drinks lots of water. It's good for <u>my sister</u> .            | <u>her</u>  |
| 4 My parents eat some fruit for breakfast. It's good for <u>my parents</u> .  | <u>them</u> |
| 5 Play lots of sport. It's good for <u>you and your friends</u> .             | <u>you</u>  |
| 6 My mum eats a lot of fruit. It's good for <u>my mum</u> .                   | <u>her</u>  |
| 7 My sister plays basketball. She's good at <u>basketball</u> .               | <u>it</u>   |
| 8 My dad eats a lot of chocolate. It isn't good for <u>my dad</u> .           | <u>him</u>  |
| 9 I like running. I'm good at <u>running</u> .                                | <u>it</u>   |
| 10 My friends go swimming five days a week. It's good for <u>my friends</u> . | <u>them</u> |

# WRITING

- Read the text. What is it about?

Hi! My name is Luca and I like doing lots of things in my free time. I like reading books and swimming. I read every day and I swim five days a week. I like watching music videos, but I don't like playing computer games. I don't like cooking, but I like eating. I like eating chocolate, but eating lots of chocolate isn't good for me!



- Read the text again. Write *Yes, he does* or *No, he doesn't*.

- Does Luca like reading books?  
Yes, he does.
- Does he like swimming?  
Yes, he does.
- Does he like watching music videos?  
Yes, he does.
- Does he like playing computer games?  
No, he doesn't.
- Does he like cooking?  
No, he doesn't.
- Does he like eating chocolate?  
Yes, he does.

- Answer the questions for you in the questionnaire. Write *Yes, I do* or *No, I don't*.

What do you like doing in your free time?

- Do you like reading books? \_\_\_\_\_
- Do you like playing computer games? Student's own answer.
- Do you like cooking? \_\_\_\_\_
- Do you like eating chocolate? \_\_\_\_\_
- Do you like swimming? \_\_\_\_\_
- Do you like watching music videos? \_\_\_\_\_



- Write about what you like doing in your free time. Use the text in Exercise 1 and your answers in Exercise 3 to help you.