

## Lesson One Words

## 1 Match the sentences with the pictures.



- a I've got a headache.
- b She feels sick.
- c He's got a stomach ache.
- d I feel dizzy.
- e He's got a cold.
- f She's got a sore throat.
- g I've got a cough.
- h He's got an earache.
- i They're taking medicine.

## 2 Look and write.



Today, four children went to see the school nurse because they were feeling ill.

Jimmy had a <sup>1</sup> headache and a <sup>2</sup> s t . Sarah felt <sup>3</sup> s and <sup>4</sup> d . Becky had a bad <sup>5</sup> c and a <sup>6</sup> c . Aran had a <sup>7</sup> s a            and an <sup>8</sup> e . The nurse gave the children some <sup>9</sup> m and glasses of water. She phoned their parents so they could go home.

# 1 Read and circle.

- 1 On school days, you **should** / **shouldn't** get up early.
- 2 You **should** / **shouldn't** get dressed quickly.
- 3 You **should** / **shouldn't** run in the kitchen.
- 4 You **should** / **shouldn't** be late for school.
- 5 You **should** / **shouldn't** listen to the teacher.
- 6 You **should** / **shouldn't** talk when the teacher is talking.
- 7 You **should** / **shouldn't** always try your hardest.



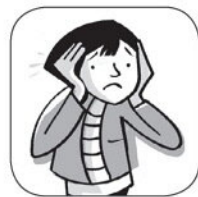
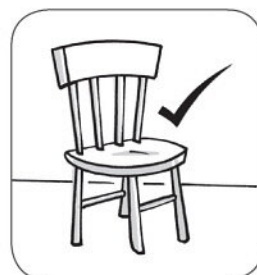
# 2 Look at the pictures. Write what each child *should* or *shouldn't* do to feel better.



Julia



Alex



Lizzy



James



Emily



Ben

- 1 Julia has got a cold . She should drink orange juice .
- 2 Alex \_\_\_\_\_ . He \_\_\_\_\_ .
- 3 Lizzy \_\_\_\_\_ . She \_\_\_\_\_ .
- 4 James \_\_\_\_\_ . He \_\_\_\_\_ .
- 5 Emily \_\_\_\_\_ . She \_\_\_\_\_ .
- 6 Ben \_\_\_\_\_ . He \_\_\_\_\_ .



## Lesson Three Grammar 2

### 1 Write.

could ~~couldn't~~ can can't



Nine years ago,  
I was a happy baby ...

When I was a baby, I <sup>1</sup> couldn't walk or talk.

But I <sup>2</sup> \_\_\_\_\_ sleep and play every day.

Now I have to go to school every day, so I <sup>3</sup> \_\_\_\_\_  
play all day anymore. But now I <sup>4</sup> \_\_\_\_\_ ride a bike,  
swim and speak two languages.

### 2 Write about what people *could* and *couldn't* do 200 years ago.

use a computer    write with a feather    watch TV    go to school by horse and cart

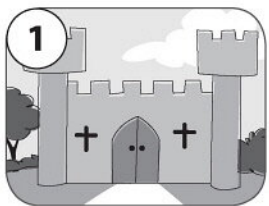
1 What could people do 200 years ago?

People could

2 What couldn't they do 200 years ago?

## Lesson Four Phonics and Spelling

### 1 Circle the correct ending. Write the words.



le al

castle



le al



le al



le al



le al



le al

### 2 Write a sentence using each word.

1 (sandal) \_\_\_\_\_

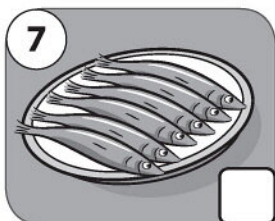
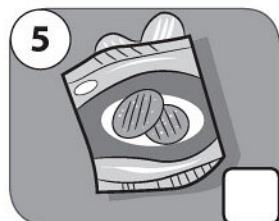
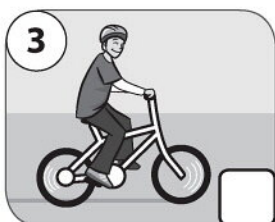
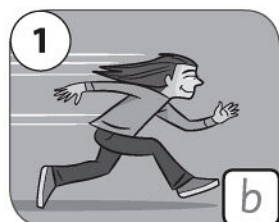
2 (table) \_\_\_\_\_

3 (people) \_\_\_\_\_

4 (hospital) \_\_\_\_\_

### Reading

#### 1 Match the words with the pictures.



- a fit
- b energy
- c healthy
- d crisps
- e sugar
- f calcium
- g cabbage
- h sardines

#### 2 Write, using the words above.

- 1 People who exercise every day want to be fit.
- 2 sardines are a type of fish that have a lot of calcium.
- 3 To be healthy, you have to eat a good diet and drink lots of water.
- 4 crisps are made from potatoes. They have a lot of salt and fat.
- 5 When you can do things without getting tired, you've got lots of energy.
- 6 Chocolate and sweets have got a lot of sugar.
- 7 A cabbage is a big, round vegetable.
- 8 You need calcium to help your bones grow.

#### 3 Read the Class Book. Answer the questions.

- 1 What exercise can you do if you don't like team sports?  
You can walk to school, go swimming or go skating.
- 2 What types of food contain too much sugar?  
\_\_\_\_\_
- 3 Which drinks are healthy?  
\_\_\_\_\_
- 4 Which drink has lots of sugar?  
\_\_\_\_\_
- 5 Which has more calcium: yogurt or cabbage?  
\_\_\_\_\_





## Lesson Six

### Writing

#### 1 Complete the sentences with *so* and *because*.

I don't want to eat too much sugar      I didn't go to school      I missed the school bus  
~~I don't want to be tired at school~~      I want to be fit      it has got a lot of calcium

- 1 I always go to bed early because I don't want to be tired at school.
- 2 I was ill yesterday \_\_\_\_\_.
- 3 I drink milk with my breakfast \_\_\_\_\_.
- 4 I go to my dance class \_\_\_\_\_.
- 5 I woke up late yesterday \_\_\_\_\_.
- 6 I only eat chocolate once a week \_\_\_\_\_.

#### 2 Read the leaflet and circle *so* and *because*.

### Don't catch a cold!

***It's horrible to have a cold. You sneeze and cough. Your nose runs and you can feel very tired or have a headache.***



***What can you do to stop getting a cold?***

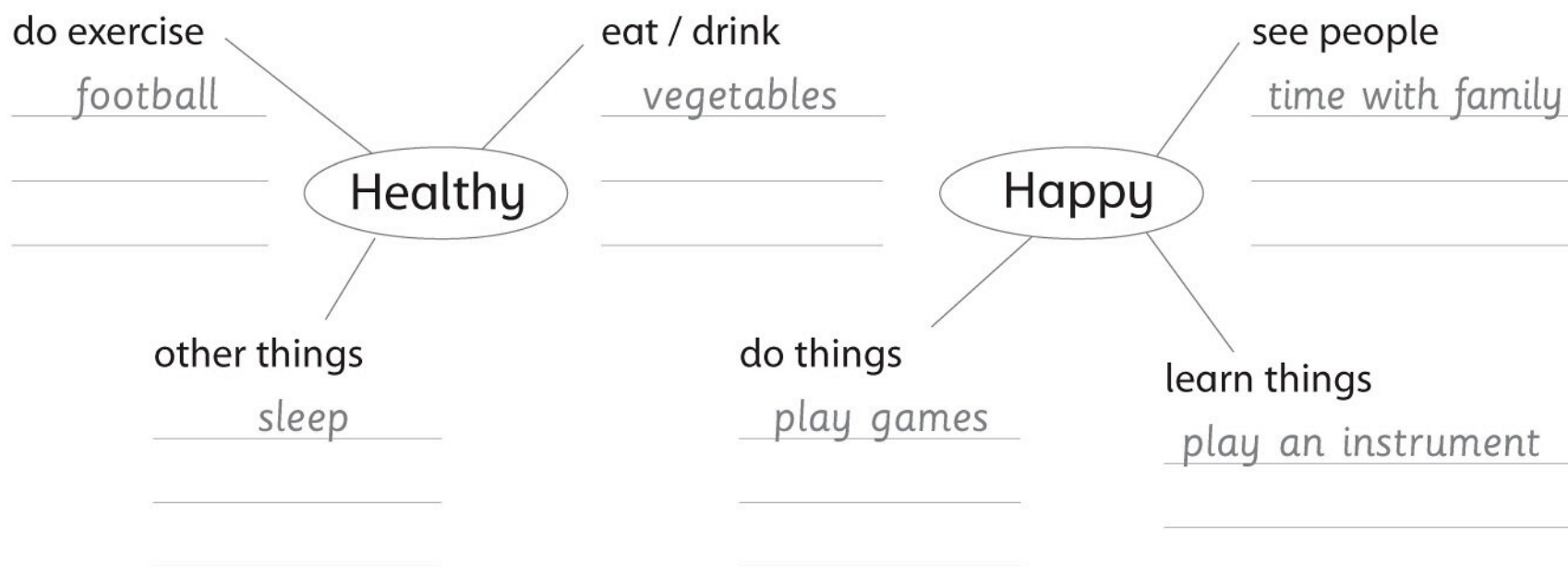
- ◆ Fresh air helps, so open windows and go for walks outside.
- ◆ Wash your hands often because hands which are not clean can spread colds.
- ◆ Eat a healthy diet to keep your body strong. Fruit is especially important and scientists think oranges can help because they have a lot of vitamin C.
- ◆ Get lots of sleep, because when you are tired you can get ill more easily.

***If you are unlucky and do get a cold, what can you do to avoid giving it to others?***

- ◆ Colds are passed on through the air, so don't cough or sneeze near other people's faces.
- ◆ Use tissues when you blow your nose or sneeze. Then put the tissue in the bin and wash your hands.
- ◆ Don't share cups because you can pass on a cold this way too.

3 Complete the mind map.

walking fruit search the Internet swimming open windows listen to music  
help others read books water time with friends wash hands



My writing

4 Write a leaflet about how to be healthy and happy. You can use the phrases from Exercise 3 or choose new ones.

How to be healthy and happy
