

Exercise: Lesson (6)

1) Read and complete the text with words from the box:

tennis	work	unhealthy	exercise	healthy
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Ali is a healthy boy. He eats (1).....food like fruit and vegetables. He likes to do some (2).....to keep his heart healthy. He has a healthy family. His sister Dina plays (3).....and his sister Reem plays football. His mom walks to (4)..... .His parents don't play sports. They walk or ride bikes.

2) Read the passage and answer the questions:

Nada is a healthy girl. She loves sports. She plays volleyball and tennis at the club. She eats healthy food like fruit and vegetables. She doesn't like to eat unhealthy food. She doesn't eat chocolate because it has much sugar. She drinks fresh juice and lots of water. She doesn't drink cola. She always does a lot of exercise because it's good for her health. She plays sports with her friends at the club. It's important to do exercise to keep our heart healthy. She has a healthy family, too.

A) Choose the correct answer:

1. The main idea of the text is "....." .
 a) Bad life b) Our heart c) Healthy life d) Good students
2.is a place where we can play sports at it.
 a) Home b) Hospital c) Office d) Club
3. Nada doesn't drink..... .
 a) cola b) juice c) water d) milk

B) Answer the following questions:

4. Why isn't chocolate healthy?

5. How can we keep our heart healthy?

3) Choose the correct answer from a, b, c or d:

1. I was tired.....I went to bed very late.
 a) because b) so c) and d) but
2. I have one brother.....two sisters.
 a) because b) so c) and d) but

- 3. We should take our umbrellas.....it's raining.
a) so b) but c) because d) and
- 4. He is a good player,he doesn't win any medals.
a) but b) and c) so d) because
- 5. Nadia goes to the pool.....she loves to swim.
a) because b) so c) but d) and
- 6. Last week we went to the beach.....we swam in the sea.
a) so b) because c) but d) and
- 7. Hany likes to play basketball,he doesn't like to play football.
a) so b) because c) and d) but
- 8. Fish, chicken,beans are all healthy food.
a) so b) but c) and d) because
- 9. I went to the library.....I needed a book.
a) so b) because c) and d) but
- 10. Lara wants to keep her heart healthy,she does exercise.
a) because b) so c) and d) but

4) Rearrange the following to make sentences:

- 1. important – It – exercise – is – to do.
.....
- 2. keep – should – heart – We – our – healthy.
.....
- 3. do – healthy – they – How – stay?
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5) Write a paragraph of about FIFTY (50) words on:

"How to keep healthy"

food	fruits/vegetables	water	be active	sports
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