

Lesson one

I am healthy, I am happy

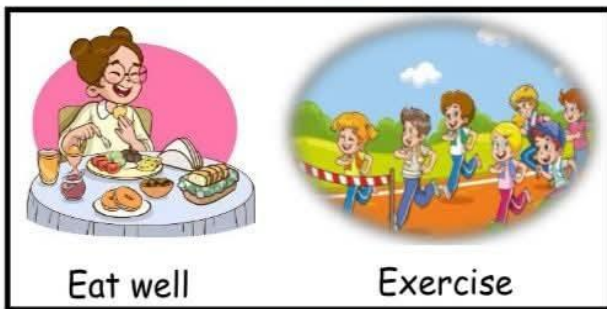


Let's read



Hello, we are 6th grade students. Our teacher gave us a task to explore and learn about the healthy lifestyle we should follow to stay fit. We enjoy working on tasks with our friends. Right now, we are surfing the internet to find useful information and answers about how to eat well, exercise, and take care of our bodies.

Let's learn new words



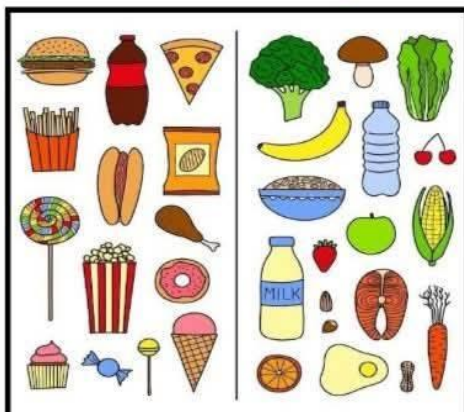
Eat well

Exercise



Let's read

Healthy food



Are you ready to learn about healthy food? Healthy food is important for our bodies. It helps us **grow strong** and **gives us energy**. Fruits and vegetables are examples of healthy food. They have lots of vitamins and minerals that keep us healthy. Eating healthy food can make us **feel happy** too!

How do you feel today?



Let's discover the rule

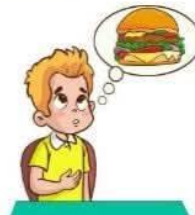
Should +

Should

not/Shouldn't.....

I should eat vegetables every day.

I should not drink soda.



Let's practice

1-Label pictures with words from the box

Water - Juice - Milk - Soda



2-Look at the picture and complete the sentence



Ahmed and Salma are drinking _____.



Sarah is drinking _____.



Mouhib is drinking _____.



Kaoula is drinking _____.

Verb : to drink



3-Reorder letters to get a meaningful word



S A W I N C D H



S A D A L



P S A A T



G R L L I E D

F S I H

4-Look at the picture and circle the correct option



This is Ahmed. He is eating (milk / salad). He is happy and fit.



This is Amira. She is happy. She is eating her favourite food. She is eating (juice / sandwich).



This is Salma. She enjoys eating (water / grilled fish).



This is Mounir. He likes eating (pasta / soda).

Let's read



Anna: I'm thinking about eating pizza for lunch.

Tom: You **shouldn't** eat pizza all the time. It's **unhealthy**.

Anna: But I love pizza!

Tom: I know, but you **should** eat something **healthy**, like a salad or some fruit.

Anna: Hmm, you're right. I **should** eat better. Let's get a salad!

Tom: Great choice!

1-Tick the correct option

The children agreed to eat

Salad ☐

Fruit ☐

Pizza ☐

Anna shouldn't eat

Healthy food ☐

Unhealthy food ☐

Junk food ☐

2-Complete with the correct option from the dialogue

Anna wants to eat _____ for lunch, but Tom tells her she _____ eat it because it's _____. He says she _____ eat something healthy, like a _____ or some fruit. Anna agrees.



Let's play a game

Let's practice

Should

You should eat something healthy.



Shouldn't

You shouldn't eat pizza.



1-Complete the sentences with "Should" or "Shouldn't"

- You _____ eat pizza every day.
- You _____ eat more fruits and vegetables.
- We _____ drink a lot of water.
- We _____ eat too many sweets.
- You _____ sleep early to stay healthy.
- You _____ skip breakfast in the morning.

2-Circle the correct option



You shouldn't (eat / eating) unhealthy food.



You shouldn't (drinking/ drink) unhealthy food.



Ahmed (loves / love) sweets and doughnuts.

3-Fill in the blanks with words from the box

water -active-fruits- food

We all want to stay strong and **healthy**. To do that, we **should** eat _____ and vegetables every day. We **shouldn't** eat too much fast food and sweets because it's **unhealthy**. We **should** drink _____, sleep early, and do

some exercise. Making good _____ choices helps us feel happy, _____, and full of energy every day.

Let's write

1-Reorder the words to get a correct sentence

eat / pizza / every day / shouldn't / you./

more / should / fruits / we / eat./

sweets / too many / shouldn't / they / eat./

should / water / drink / we / more./

sleep / early / should / you./

breakfast / skip / shouldn't / we./

2-Reorder the words to get a correct sentence

Sarah started to eat healthy food, but she still thinks about eating unhealthy food like pizza and sweets.

What should Sarah do to stay healthy?

Write a short paragraph using "should" and "shouldn't."





OPEN TOPIC SENTENCE

What healthy food should Sarah eat?



What unhealthy food shouldn't Sarah eat?



What should Sarah drink to stay healthy?



What should Sarah do every day to feel good?



She will feel happy and strong. Healthy food helps her stay fit. It's good to make healthy choices every day.