

MR .FAOUZI
BADRI

SUMMER ONLINE
COURSES

Level:Grade 6 primary



Unit 2 :Keeping
fit :Lesson 1:I'm
healthy,I'm happy

Answer Key



السنة السادسة ابتدائي تونس



Activity 1

Getting started :Read

the following text and answer the questions

My name is Laura and I am an architect.I get up every morning and have cereal for breakfast. I also have a can of coke. I drink too much coke but I really like it. For lunch I have a sandwich but I also eat a lot of fruits. I don't do enough exercise but I try to run once a week. For dinner,I usually have pasta or salad. My brother is called Tim and he works in an office.He doesn't eat breakfast in the morning but he has a salad and a glass of orange juice for lunch. He does a lot of exercise and goes to the gym every day but he eats too many cakes.He works very hard and sometimes just has a sandwich for dinner. I don't think he gets enough sleep.

Read the article about Laura and Tim and answer the questions.Make complete statements.

1. What does Laura eat in the morning?

➤ Laura eats cereal in the morning.

2. Who doesn't drink anything in the morning?

➤ Tim doesn't drink anything in the morning.

3. Who likes eating sandwiches?

➤ Laura likes eating sandwiches.

4. Who trains a lot?

➤ Tim trains a lot.

5. Who enjoys drinking sodas ?.

➤ Laura enjoys drinking sodas.

✚ Write and advise. Use **should** or **shouldn't**.

Ex: Laura **should** not drink so much coke.

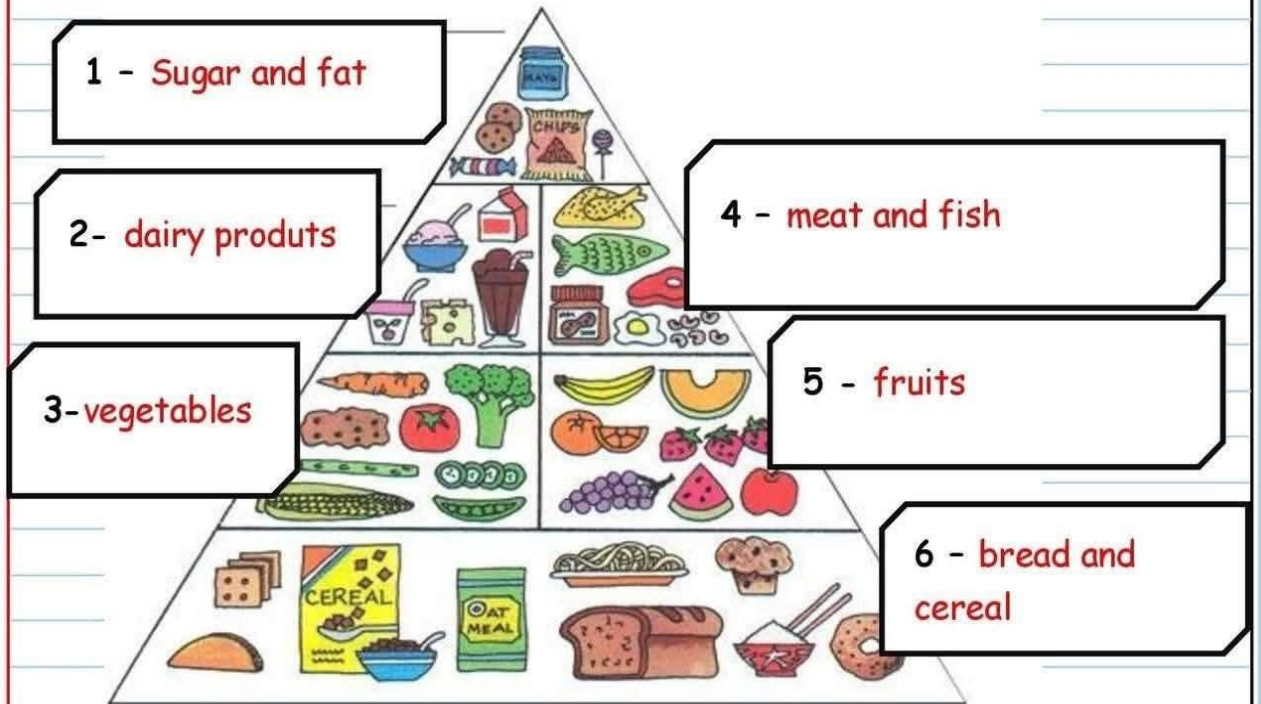
- Laura should exercise to keep fit.
- Laura shouldn't drink have fizzy drinks.
- Tim should get enough sleep.
- Tim shouldn't eat many cakes.
- Laura should avoid eating sandwiches because it's unhealthy.



Activity 2

Label the healthy eating pyramid with words from the box :

meat and fish / bread and cereal / sugar and fat /
vegetables / dairy products / fruits



Activity 3

Label the following pictures with words from the box .Then classify them into healthy / unhealthy

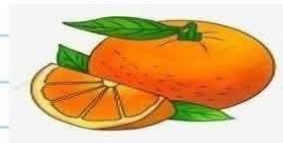
sugar / rice /vegetables / lemonade / bread / banana / cheese /
cookies / orange / spaghetti /salad / pizza



cookies



rice



orange



bread



sugar



Cheese



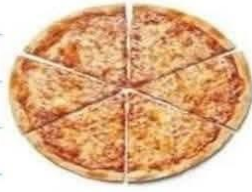
Lemonade



banana



Spaghetti



Pizza



Salad



vegetables

The healthy food



The unhealthy food



rice / orange / lemonade / banana
/ salad / vegetables / cheese

cookies / sugar / bread /
spaghetti / pizza



Activity 4

Complete using *should* / *shouldn't*.



- 1- She has flu. She **should** stay at home.
- 2- He has backache. He **shouldn't** carry heavy things.
- 3- Steve has stomachache. He **should** drink lemon and mint tea.
- 4- Daisy has dirty hands. She **should** wash her hands.
- 5- My brother has toothache. He **shouldn't** eat candies.
- 6- Jennifer has a broken arm. She **shouldn't** play volleyball.
- 7- He feels tired. He **should** have a rest.
- 8- Caroline has a sore throat. She **should** go to a doctor.
- 9- He has a cough. He **shouldn't** drink cold drinks.
- 10- She has toothache. She **should** go to a dentist.
- 11- Matt is fat. He **shouldn't** eat junk food.
- 12- Alice has cold. She **should** have a rest.
- 13- She has headache. She **should** take medicine.





Activity 5

Fill in the blanks with 8 words from the box

processed / food / choice / healthy / regular / fruits /
diet / source / vegetables / exercising

Donuts, pizza, hamburgers and ice-cream sound like fantastic things to eat, but are they really healthy?. We all like that sort of (1) **food**, but it can't be part of our (2) **regular** diet. What should be part of our (3) **diet** then? Here are a few tips for you:

- The more (4) **vegetables**, the better (except for potatoes).
- Eat plenty of (5) **fruits** of all colors like apples, pears and oranges.
- Choose beans and peas as well as fish and eggs for protein.
- Stay away from (6) **processed** meats like sausages.
- Don't use too much butter.
- Milk is a good (7) **source** of calcium and vitamin D.
- Water is always the best (8) **choice**.



Activity 6

Pronunciation : Sound /ʃ/ like in **finish**.

✚ Read the following sentences and underline the words with the /ʃ/ sound.

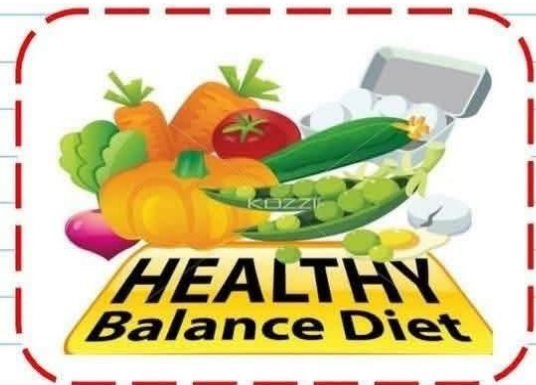
- He **shows** me her new **shoes**.
- The **ship** sails across the sea..
- The **shop** sells **shirts** and **shoes**.
- Please **push** the button to open the door.
- The boy enjoys playing with his **shell** collection.
- Sam **brushes** his teeth every morning.



Activity 7

Challenge yourself! Unscramble the following letters to get words.

- | | |
|---------------|------------|
| 1. DINRNE | DINNER |
| 2. EEPISRC | RECIPES |
| 3. SGGE | EGGS |
| 4. LSEGETEVAB | VEGETABLES |
| 5. BASTKERFA | BREAKFAST |
| 6. ETLHAH | HEALTH |
| 7. TIURF | FRUIT |
| 8. LIKM | MILK |
| 9. CEEHSE | CHEESE |
| 10. NCUHL | LUNCH |
| 11. NSUT | NUTS |
| 12. OOFD | FOOD |
| 13. OIOKNCG | COOKING |



Activity 8

Let's write in !

Write a paragraph on how can you stay healthy ? Use the appropriate linkers (and / but / because) and expressions (practise sports / fruits / vegetables/ healthy / unhealthy eating...).

It is true to say that health is wealth and good health is a must to enjoy our free time activities. One cannot take part in all the fun things to do in life he is not healthy. There ways to keep fit and stay healthy.

First, one should practise sports because it is good for maintaining a healthy, strong and active body. Second, one should eat fresh fruits and vegetables and drink lots of water to stay hydrated. But, one shouldn't eat junk food because it's unhealthy and contains fat. Third, we should

eat fresh fruits and vegetables daily to maintain fitness. Finally, one have to get enough sleep to relax and wake up in a good health.

In conclusion, a balanced diet, regular exercise, enough sleep, and proper hydration are fundamental components for achieving and maintaining a healthy lifestyle.



Note that...

- In UK English, "practice" (with a "c") is the **noun** and "practise" (with an "s") is **the verb**.
- In US English, "practice" (with a "c") is used as both noun and verb. "Practise" (with an "s") is **never used**.

