

MR .FAOUZI



SUMMER ONLINE
COURSES

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

I'm Healthy,
I'm Happy,
and I'm Wealthy.

Level:Grade 6 primary



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?_____.

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

3. Who likes eating sandwiches?_____.

4. Who trains a lot? _____

5. Who enjoys drinking sodas/ pop? _____

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

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

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____



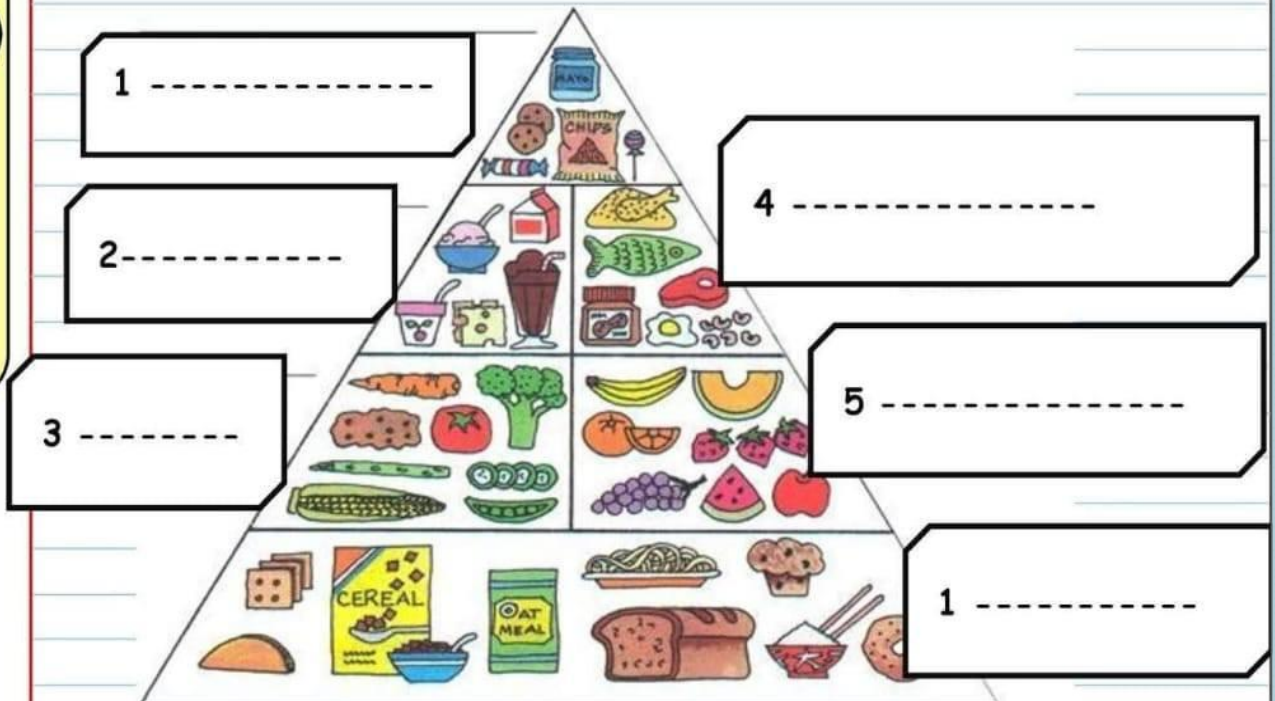
▪ **should+infinitive**
verb without
to/shouldn't +verb
express -----

Activity 2



Label the healthy eating pyramid with words from the box

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





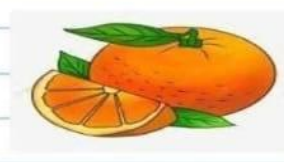
Activity 3

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





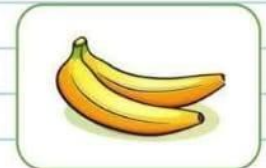




















The healthy food



The unhealthy food





Activity 4

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

- 1- She has flu. She _____ stay at home.
- 2- He has backache. He _____ carry heavy things.
- 3- Steve has stomachache. He _____ drink lemon and mint tea.
- 4- Daisy has dirty hands. She _____ wash her hands.
- 5- My brother has toothache. He _____ eat candies.
- 6- Jennifer has a broken arm. She _____ play volleyball.
- 7- He feels tired. He _____ have a rest.
- 8- Caroline has a sore throat. She _____ go to a doctor.
- 9- He has a cough. He _____ drink cold drinks.
- 10- She has toothache. She _____ go to a dentist.
- 11- Matt is fat. He _____ eat junk food.
- 12- Alice has cold. She _____ have a rest.
- 13- She has headache. She _____ 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) _____, but it can't be part of our (2) _____ diet. What should be part of our (3) _____ then? Here are a few tips for you:

- The more (4) _____, the better (except for potatoes).
- Eat plenty of (5) _____ of all colors like apples, pears and oranges.
- Choose beans and peas as well as fish and eggs for protein.
- Stay away from (6) _____ meats like sausages.

- Don't use too much butter.
- Milk is a good (7) _____ of calcium and vitamin D.
- Water is always the best (8) _____.



Activity 6

Pronunciation : Sound /ʃ/ like in finsh.

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

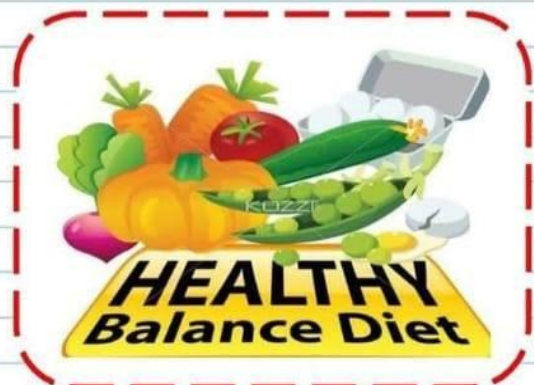
- a- He shows me her new shoes.
- b- The ship sails across the sea..
- c- The shop sells shirts and shoes.
- d- Please push the button to open the door.
- e- The boy enjoys playing with his shell collection.
- f- Sam brushes his teeth every morning.



Activity 7

Challenge yourself! Unscramble the following letters to get words. The first letters are done for you.

- | | |
|---------------|-------------|
| 1. DINRNE | D _ _ _ _ |
| 2. EEPIRSC | R _ _ _ _ |
| 3. SGGE | E _ _ _ |
| 4. LSEGETEVAB | V _ _ _ _ _ |
| 5. BASTKERFA | B _ _ _ _ _ |
| 6. ETLHAH | H _ _ _ _ |
| 7. TIRUF | F _ _ _ _ |
| 8. LIKM | M _ _ _ |
| 9. CEEHSE | C _ _ _ _ |
| 10. NCUHL | L _ _ _ _ |
| 11. NSUT | N _ _ _ _ |
| 12. OOFD | F _ _ _ |
| 13. OIKNCG | C _ _ _ _ |





Let's write in !

Activity 8

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...).

