



insta: @hhhelping643

Lesson 1

Listening

I will learn:

unhealthy, stomach, hurt, medicine,
fizzy, better, wrong



Before you listen

Where do you go when you are ill?

I go to the doctor



Listen and tick ✓ or ✕



1. Mum drank fizzy drinks.

✕

2. Hamad and Mum went to the doctor.

✓

3. Fizzy drinks are healthy.

✕



Listen again, then choose the correct answer from a, b or c

1. Hamad ate yesterday.

a. fruit

b. cookies

c. snacks

2. The doctor gave Hamad

a. fizzy drinks

b. vegetables

c. medicine

Lesson 2

Grammar

I will learn:

fast food

Sleep early! / Don't play in the street!



Look and say



Sleep early! **Don't** sleep late.



Choose the correct answer from a, b or c

1. early in the morning to be fit.

a. **Walk**

b. Walking

c. Walked

2. eat fast food! It's not healthy.

a. Doesn't

b. **Don't**

c. Didn't

Speaking



Advise your friend using 'do/don't'



Good habits lead to healthy lives.



Lesson 3

Reading



Before you read

I will learn:

hear, well, feel, hope
Don't drink fizzy drinks!

What do you do to be fit and healthy?



Read and choose the correct answer from a, b or c



To: hamadq8@hotmail.com



Hi Hamad,

How are you feeling now? I hope you are better today. Eating a lot of cookies and chocolate are unhealthy.

At school, we learn how to be fit and healthy. I like sports. My favourite sports are football and tennis. I go to the sports club every week. In the afternoon, I usually eat fish and salad for lunch with my family. They are delicious. We always drink fresh juice. In the evening, we eat fruit salad. I always sleep early. I hope to hear from you. Get well soon!

Yours,

Fahad



1. Fahad's e-mail is about his

a. day

b. school

c. family

2. The underlined word **They** in line 6 refers to

a. fish and salad

b. sports

c. cookies



Read again, then answer the following question

1. Where does Fahad go every week?

Fahad goes to the sports club every week.

Lesson 4

Writing

I will learn:

Yesterday, I drank fizzy drink.



Before you write

What did you do last weekend?



Write the sentences with the help of guide words and pictures using proper punctuation marks

1. (wake up – o'clock)

He woke up at 6 o'clock.



2. (eat – breakfast)

She ate her breakfast.



3. (play – park)

They played in the park.



Write the missing words to complete the story

Yesterday, I drank fizzy drinks.



My stomach



hurt. The doctor gave

me some medicine



. I feel better today.

Lesson 5

Listening



Before you listen

I will learn:

waiter, plate, yummy, want, meal
Can I have a plate.../ some water...
There isn't any ...

Ask your partner which meal he/she likes... . Is it healthy?



Listen and tick ✓ or ✗



1. Hamad wanted to eat steak.



2. Mum wanted to have dessert.



3. Noura wanted to have fizzy drinks.



Listen again, then choose the correct answer from a, b or c

1. Hamad drank some

a. fizzy drink

b. water

c. soup

2. The food was

a. unhealthy

b. yummy

c. wrong

Lesson 6

Grammar

I will learn:

mushroom, menu

Is there a ...? / Are there any ...?



Ask and answer



Is there
mushroom soup?



Is there green
salad?



Are there any
desserts?

Are there any
fizzy drinks?



Yes, **there is**.

No, **there isn't any**.



Choose the correct answer from a, b or c

1. any milk?

a. ~~Are there~~

b. **Is there**

c. There is

2. some apples in the fridge.

a. Is there

b. There is

c. **There are**

Speaking



Work with your partner to prepare a healthy meal, then present it to your class



Lesson 7

Reading

I will learn:

weak, lifestyle, fresh air, grilled
He ate ... / He went ...



Before you read



Do you exercise every morning?



Read and choose the correct answer from a, b or c

Saleh had a weak body. His father told him to have a healthy lifestyle. Saleh woke up early every morning. He did exercise in the fresh air. He ate breakfast with his family. He had eggs, bread and milk. In the afternoon, his mother cooked delicious food like grilled chicken with vegetables. For dinner, he had salad. He drank lots of water. In the evening, he went to the gym with his friend. He slept early every night. Now, he is fit and happy.



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1. The best title for this passage could be

- a. Saleh's Lifestyle b. Saleh's Family c. Saleh's Breakfast

2. The underlined word **He** in line 8 refers to

- a. Saleh's father b. Saleh c. Saleh's friend



Read again, then answer the following question

1. Where did Saleh exercise?

Saleh exercised in the gym.

Lesson 8

Writing

I will learn:

coffee, date



Before you write look, tick and tell your partner about your lifestyle

I go to the gym every day. I eat healthy food.



☐ walk

☐ run

☒ play



☒ salad

☐ soup

☐ fruit



☒ every day

☐ every week

☐ every month



Write sentences with the help of pictures and guide words using proper punctuation marks

1. (eat – healthy)

She eat healthy food everyday.



2. (do – exercise)

She does exercise every day.



3. (sleep – early)

She sleeps early every day.



Read, search, then complete

1. Mum likes coffee with

dates

2. I always walk in the

fresh air

3. Sara sleeps early at

night



q	s	o	e	b	a	o	o
m	t	t	s	i	u	n	x
f	r	e	s	h	a	i	r
t	s	i	b	n	u	g	f
h	p	s	m	a	l	h	l
d	a	t	e	s	r	t	

Progress Test

Reading

A) Choose the correct answer from a, b or c

1. Can I have a of spaghetti.
a. spoon b. plate c. date
2. I..... hungry. Let's go to the restaurant.
a. feel b. hear c. give
3. Don't drink drinks. They are bad for your health.
a. healthy b. late c. fizzy
4. My mother cooked..... chicken yesterday.
a. grilled b. better c. weak

B) Read the following passage then choose the correct answer from a, b or c



Bader has a diary. He writes in his diary every day. On Monday the 4th of November, he went to school. After school, Bader and his friend Salem went to play football in the club. On Saturday, the 9th of November, Bader and his brother Ali went to the cinema to watch a movie. He bought popcorn and chocolate. They enjoyed watching the movie.

1. The best title for the passage could be
a. Bader's Diary b. Bader's News c. Bader's Weekend
2. The underline word "He" in line 5 refers to
a. Ali b. Salem c. Bader
3. Bader went to the cinema on November
a. the 4th b. the 7th c. the 9th
4. In the picture Bader is playing
a. tennis b. football c. basketball

Writing

A) Choose the correct answer from a, b, or c

1. We to the beach last week.

a. go

b. goes

c. went

2. There four books on the desk.

a. are

b. is

c. be

3. Don't water, Hamad!

a. wastes

b. waste

c. wasting

B) Write sentences with the help of pictures and guide words using proper punctuation marks

1. (wake up – sunrise)

He wakes up at sunrise.



2. (have – breakfast)

I have my breakfast.



3. (go – school)

I go to school everyday.



C) Complete the sentences with the suitable words

1. What's your favourite

food

?



2. My stomach

is hurt.

hurts



3. Hamad likes playing

tennis

