



Let's Cool Healthyl

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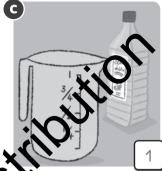
Starter Unit et's Cook!

Look and number.

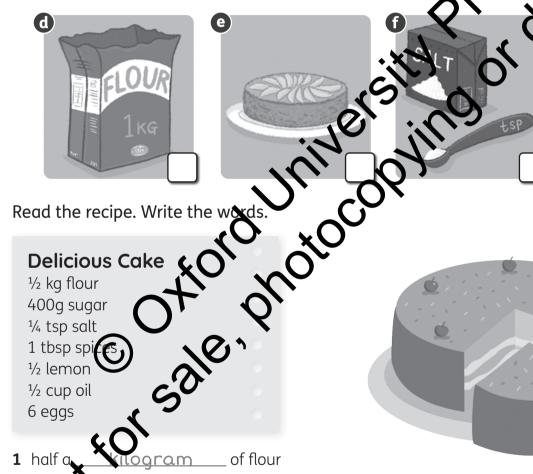
- 1 quarter cup of oil
- 2 1 teaspoon of salt
- **3** cake
- **4** 1 tablespoon of spices
- 5 half a lemon
- 6 1 kilogram of flour
- **7** 400 grams of sugar



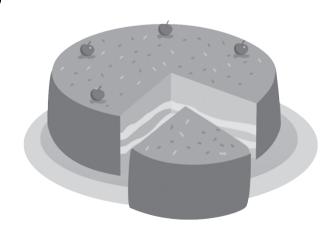












- <u>logram</u> of flour
- _____ of sugar
- ____ of salt
- ____ of spices 4 one_
- _____ a lemon
- of oil

Read and circle.

- much many apples are in the bag? **1** How
- much many salt do we need? **2** How
- 3 How much many flour is there?
- **4** How much many cakes are in the store?
- many lemons are in the recipe? 5 How much
- many sugar is in the box? 6 How much

Look at the shopping list. Write.

Our Shopping List

6 pears

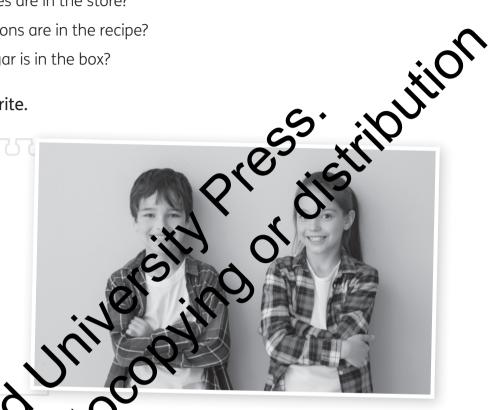
1 kg of salt

½ kg of sugar

12 eggs

We need _

- 400 g of carrots
- 2 kg of potatoes



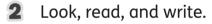


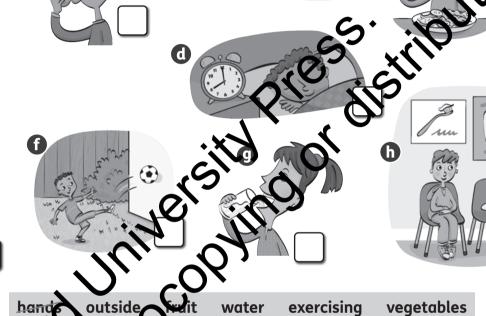
1 Healthy Living Lesson 1 Words

1 Look and number.

- 1 exercise
- 2 go to bed early
- 3 eat vegetables
- 4 drink water
- **5** play outside
- **6** go to the dentist
- 7 wash your hands
- 8 eat fruit





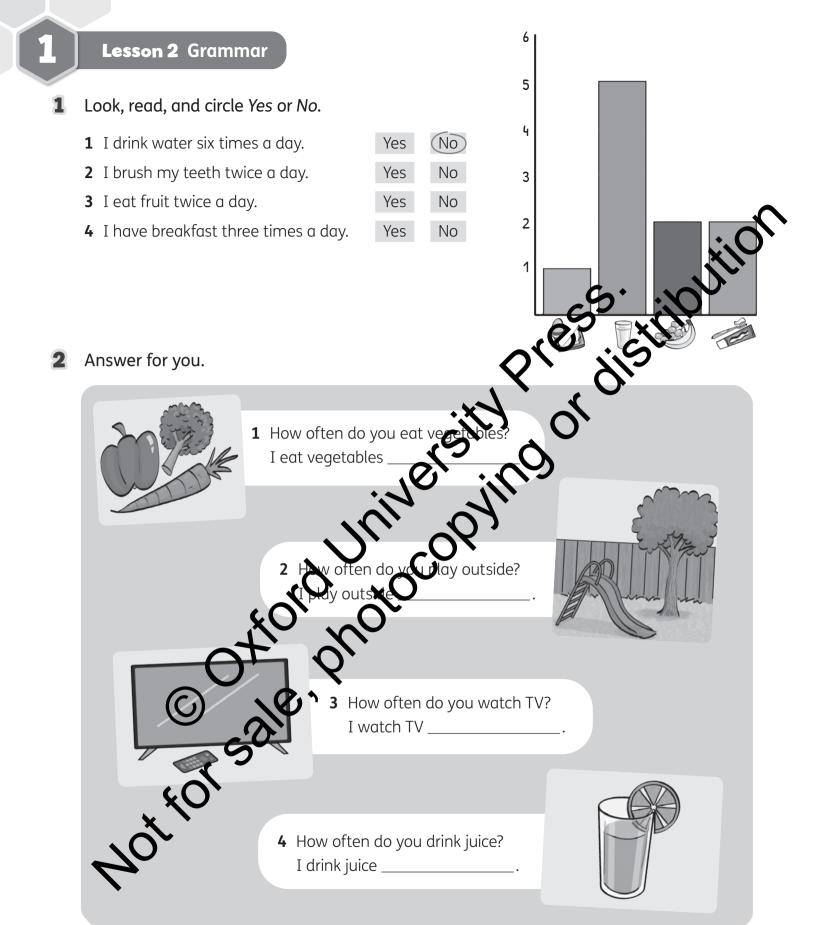




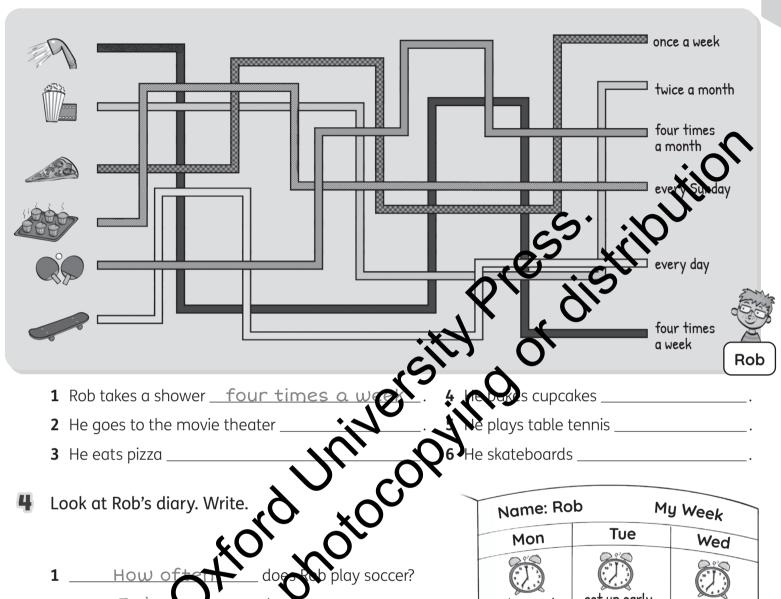
- 1 Dad is washing his <u>hands</u>.
- **2** Mom is drinking ______.
- **3** Max is eating _____.

- **4** Gina is eating ______.
- **5** Lucy is ______.
- **6** Ollie is playing ______.

3	I'm healthy! I drink a lot of 1 water and I eat a lot of fruit and 2		
4	What do you remember or forget to do? Chec	k . Then Write.	
	I remember to		01 1 2 3 3 3 4 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4
	1 I remember to drink water. 2 3 4 5 6		



Look, read, and write.



s cupcakes _

le plays table tennis _____.

He skateboards _____.

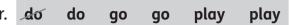
does he go shopping?

does he go to the library?

does he get up early?

Name: Rob		My Week	
Mon	Tue	Wed	
get up early	get up early	get up early	
play soccer	go to the library		
Thur	Fri	Sat	
get up early go to the library	get up early play soccer	go shopping	

Write the verbs. Then look and number. do





2 _____ swimming

3 ______ volleyball

4 _____ video games





- 1 They <u>play volleyball</u>.
- **2** She ______.
- **3** He

- **4** She _____
- **5** They _____
- **6** She _____

3 Look and write.



do karate go fishing take photos watch a movie



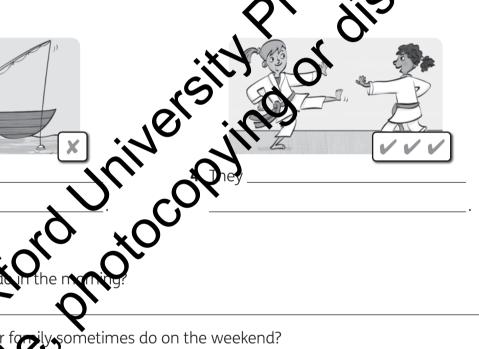
1 She <u>sometimes takes</u>
photos



3 She



2 He



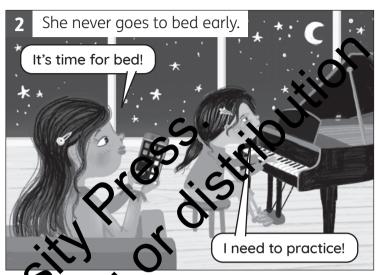
4 Answer for you.

- 1 What do you always at in the manning
- 2 What do you and your family sometimes do on the weekend?
- 3 What do you oftend? with your friend?
- 4 What do you never do at night?
- 5 What do you sometimes do in the morning?
- **6** What do your parents often do in the evening?

Read the story. How does Laila feel at the end of the story?

Time to Relax!













Read again and match.

- 1 Laila always plays the piano
- 2 She never
- 3 She is tired so
- 4 She plays well

- a when she relaxes.
- **b** goes to bed early.
- **c** she can't play the piano.
- **d** every day.

Read and circle.

- 1 What does Laila do every day?
 - (a) play the piano
- **b** play with her friends
- 2 When does Laila always play the piano?
 - **a** in the morning
- **b** in the afternoon
- **3** What does Laila never do at school?
 - **a** play the piano
- 4 What does Laila need to do?
 - **a** study

- 5 Why can't Laila play at the school concert?
 - **a** She's tired.
- **6** What activity helps Laila relax?
 - **a** playing volleyball



Write. I like th



Check. I think this

















Reading

1 Look, read, and write. careful

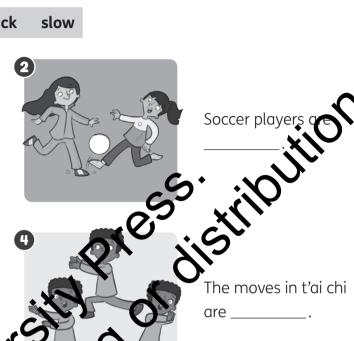
high

quick

slow



Chess is hard. He needs to be careful.





We jump in volleyball.

Read and circle Yes or No.



I Love Beac

In Brazil, people li volleyball and soc ch. I often with my friends on Ipanema th soccer's sower than soccer play socces because it's hard to n on the sand. I love beach soccer because I don't wear shoes wimming, too. I also like and I can go



soccer is fast.

(No) Yes

2 João plays it with his friends.

Yes No

3 He likes running with shoes.

No Yes

4 He can go swimming.

Yes

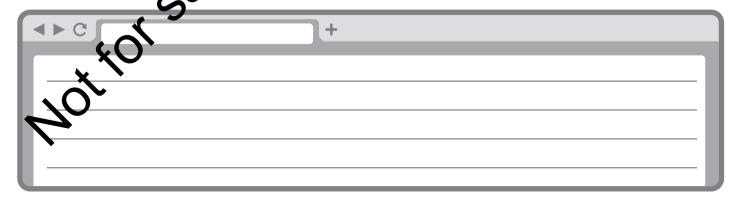
No

Writing

Order the words.



Write an of the post about popular sport or exercise in your country. Use your answers in 43 nd João's post to help you.



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