

Unit 3 Reinforcement

Name: _____ Class: _____

1

eat do sleep is lots have brush

It ¹ _____ important to have healthy habits. You need to ² _____
 8 hours a night. You need to ³ _____ exercise every day. You need to
⁴ _____ your teeth twice a day and ⁵ _____ fruit and other
 healthy food. You need to drink ⁶ _____ of water, and you need to
⁷ _____ a shower every day.

2

How often?	Once a week	Twice a week	Three times a week	Five times a week	Every day
Brush my teeth					
Eat fast food					
Do exercise					
Have a shower					
Watch TV					

- 1 I brush my teeth _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



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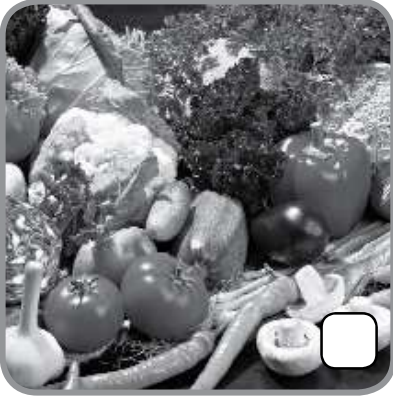
- 1 Complete the text.
- 2 Complete the table and write sentences.

Unit 3 Test

Name: _____ Class: _____

1

1.33



2

- 1 How _____ hours do you sleep at night?
a) many b) much c) more
- 2 _____ watch too much TV.
a) Don't b) Is c) When
- 3 I always _____ my teeth at night.
a) do b) take c) brush
- 4 I play football _____ a week.
a) twice b) always c) all
- 5 How _____ do you eat sweets?
a) many b) often c) much
- 6 Don't eat too much _____ food.
a) fat b) rubbish c) junk
- 7 Sleeping ten hours a night is _____ for you.
a) good b) well c) nice
- 8 Calcium helps bones and teeth to _____.
a) go b) grow c) grew
- 9 Eat lots of _____ food.
a) health b) fizzy c) healthy
- 10 Fizzy drinks are bad for you because they _____ a lot of sugar.
a) contain b) contains c) take

- 1 Listen and number the pictures. ^{1.33}
- 2 Circle and write the correct answer.

Unit 3 Test

Name: _____ Class: _____

3

Paul's Healthy Life	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
fruit	✓	✓	✓	✓	✓	✓	✓
TV	✓	✓			✓		✓
sweets					✓	✓	
football	✓		✓		✓		
brush my teeth	✓	✓	✓	✓	✓	✓	✓

- | | |
|--|--|
| <p>1 How often does Paul eat fruit?
_____</p> <p>2 Does he brush his teeth every day?
_____</p> <p>3 How often does he play football?
_____</p> | <p>4 Does he eat sweets every day?
_____</p> <p>5 How often does he watch TV?
_____</p> <p>6 Does he have a healthy life?
_____</p> |
|--|--|

4

To:

About:

Hi Sue,

Today a doctor came to our school to tell us how to live a ¹_____ life and I learned a lot. ²_____ you sleep eight ³_____ a night? I don't. I sometimes stay in my room ⁴_____ TV until late. Now I know why I feel ⁵_____ some ⁶_____ at school. I also know why it ⁷_____ important to eat fruit and ⁸_____. They help your teeth and bones to ⁹_____. Do you eat ¹⁰_____ food? I sometimes eat a hamburger, but too many are bad for you.

Email me soon and tell me what you think.

Sandie.

junk healthy is vegetables mornings hours Do tired grow watching

- 3** Look and answer the questions.
4 Complete the text with words from the box.