



Imperatives

Listen to how to stay healthy!

It is easy to stay healthy. Please listen to this message and follow my ideas for being healthy.

1) Diet

Eat a healthy diet. **Eat lots** of fruits and vegetables. Don't eat fast food or lots of sugar. **Stay away** from fried foods too. Drink lots of water. **Don't drink** too much caffeine or sugary drinks like soda.

2) Sleep

Get plenty of rest. **Sleep at** least six hours a night. Do not go to sleep too late. **Go to** bed and wake up at the same time every day. Don't eat in bed. Also, don't check your phone from bed.

3) Stress

Do not stress too much. Each day, **find time** to relax. Take a walk, sit and **watch the** sunset, talk with friends and family. Don't spend too much time on social media.

4) Exercise

Get some exercise at least three times a week. Go for run, join a gym, or **play on** a sports team. Walk to work if you can. Buy a bicycle and **take long** bike rides. Go hiking on weekends. Just don't sit on the couch and watch TV.

5) Health

See a doctor once a year. **Listen to** your doctor. **Follow her** advice. Don't wait to **see a** doctor if you feel sick.

Do these things and you can be happy and healthy too!

Quiz

1) Eat lots of _____. ✓

- a) vegetables
- b) vitamins

2) Sleep at least _____ hours. ✓

- a) six
- b) seven

3) Do not stress _____. ✓

- a) too much
- b) at all

4) Exercise _____ times a week. ✓

- a) three
- b) five

Grammar Challenge

Fill in the blanks with the correct word.

find time	Eat lots	play on	Listen to
watch the	Sleep at	take long	Go to
Don't drink	Follow her	Stay away	see a

Speaking Challenge

Match the answers with the questions.

- 1) Say your name.
- 2) Spell your name for me.
- 3) Count to ten in English
- 4) Open and close your eyes three times.
- 5) Name three animals from your country!

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- [3] 1,2,3,4,5,6,7,8,9,10.
 - [4] OK, here it goes. 1, 2, 3.
 - [5] Let's see. A rabbit. A bear, and an eagle.
 - [1] Kelly Steele
 - [2] Last name Steele. S-T-E-E-L-E. Three E's.

What about you? Share your answers to the questions.