

Exercise series: I'm Healthy, I'm Fit 6th year of basic education · Unit 2: Keeping Fit		Scolaire.tn Practice series written by Scolaire.tn
Subject: English	Answer key at the end	
Name:		Class:

Exercise 1: True or false?

Level 1

Read each sentence, then say whether it is true or false.

1) Children should move about one hour a day.

☐ True ☐ False

2) Unhappy means not happy.

☐ True ☐ False

3) Playing video games for hours is a healthy habit.

☐ True ☐ False

4) The k in knee is silent.

☐ True ☐ False

Exercise 2: Complete with the right word

Level 1

Choose the word that completes each sentence (instead of the dots ...).

1) Doughnuts have a lot of sugar and ...

☐ fruit ☐ water ☐ fat

2) Aziz plays basketball every day. He is ...

☐ unfit ☐ sad ☐ fit

3) Tomorrow is the school trip! I am very ...

☐ tired ☐ excited ☐ unhappy

Exercise 3: Choose the right answer

Level 2

Choose the right answer.

1) Which is a healthy habit?

☐ walking to school ☐ eating doughnuts every day ☐ sleeping at midnight

2) You are tired every morning. You should...

☐ drink fizzy drinks ☐ play video games at night ☐ go to bed earlier

3) Which sentence is kind?

☐ He should play sport with us. ☐ He is ugly. ☐ He is fat!

Exercise 4: Classify

Level 2

Sort the habits.

1) eating doughnuts every day

☐ Healthy habit 😊 ☐ Unhealthy habit 😞

2) riding a bike

☐ Healthy habit 😊 ☐ Unhealthy habit 😞

3) drinking fizzy drinks every day

☐ Healthy habit 😊 ☐ Unhealthy habit 😞

4) walking to school

☐ Healthy habit 😊 ☐ Unhealthy habit 😞

5) playing video games for hours

☐ Healthy habit 😊 ☐ Unhealthy habit 😞

Exercise 5: Situation 1

Level 3

Match day

Tomorrow, Malek's team plays in the final. He can't sleep!

1) How does Malek feel?

☐ excited ☐ unhappy ☐ unfit

2) What should he do?

☐ He should go to bed early. ☐ He should play video games all night.
☐ He should eat ten doughnuts.

Exercise 6: Situation 2

Level 3

Silent letters

Read: *I know how to climb. I write every hour.*

1) Which word has a silent k?

☐ climb ☐ write ☐ know

2) Which word has a silent h?

☐ hour ☐ write ☐ how

Answer key: I'm Healthy, I'm Fit

Exercise 1: True or false?

1. Children should move about one hour a day. → true. About 60 minutes a day.
2. Unhappy means not happy. → true. un- = not.
3. Playing video games for hours is a healthy habit. → false. We should move and rest our eyes.
4. The k in knee is silent. → true. We say /ni:/.

Exercise 2: Complete with the right word

1. Doughnuts have a lot of sugar and **fat**
2. Aziz plays basketball every day. He is **fit**
3. Tomorrow is the school trip! I am very **excited**

Exercise 3: Choose the right answer

1. Which is a healthy habit? → **walking to school**. Walking keeps us fit.
2. You are tired every morning. You should... → **go to bed earlier**. Sleep gives energy.
3. Which sentence is kind? → **He should play sport with us..** Kind words help people.

Exercise 4: Classify

1. eating doughnuts every day → Unhealthy habit 😞
2. riding a bike → Healthy habit 😊
3. drinking fizzy drinks every day → Unhealthy habit 😞
4. walking to school → Healthy habit 😊
5. playing video games for hours → Unhealthy habit 😞

Exercise 5: Situation 1

1. How does Malek feel? → **excited**. Before a big game we are excited.
2. What should he do? → **He should go to bed early..** Sleep helps us play well.

Exercise 6: Situation 2

1. Which word has a silent k? → **know**. k in know is silent.
2. Which word has a silent h? → **hour**. We say /aʊə/.