

Exercise series: I'm Healthy, I'm Happy 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) Rayen draws a small bag of chips on his plate.

☐ True ☐ False

2) Shouldn't means should not.

☐ True ☐ False

3) Fizzy drinks are the best drink for children.

☐ True ☐ False

4) Mrs Ben Salah is a teacher of English.

☐ True ☐ False

Exercise 2: Complete with the right word

Level 1

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

1) Carrots and tomatoes are ...

☐ drinks ☐ vegetables ☐ sweets

2) You ... eat lots of vegetables. They are healthy.

☐ shouldn't ☐ should ☐ should to

3) Apples and grapes are ...

☐ vegetables ☐ chips ☐ fruits

Exercise 3: Choose the right answer

Level 2

Choose the right answer.

1) Should I eat fruit every day?

☐ Yes, you do should. ☐ Yes, you shoulds. ☐ Yes, you should.

2) Which food is unhealthy if you eat a lot?

☐ grapes ☐ sweets ☐ fish

3) Your friend is thirsty. You say:

☐ You should drink water. ☐ You shouldn't drink. ☐ You should eat chips.

Exercise 4: Classify

Level 2

Put each food in the right basket.

1) fish

☐ Healthy 🍏 ☐ Unhealthy (only sometimes) 🍩

2) sweets

☐ Healthy 🍏 ☐ Unhealthy (only sometimes) 🍩

3) chips

☐ Healthy 🍏 ☐ Unhealthy (only sometimes) 🍩

4) water

☐ Healthy 🍏 ☐ Unhealthy (only sometimes) 🍩

5) carrots

☐ Healthy 🍏 ☐ Unhealthy (only sometimes) 🍩

Exercise 5: Situation 1

Level 3

At the canteen

Amine wants a fizzy drink and a doughnut for lunch, every day.

1) What advice can you give?

☐ You should drink more fizzy drinks. ☐ You should eat doughnuts every day.
☐ You shouldn't eat doughnuts every day.

2) What should he drink?

☐ water ☐ coffee ☐ a second fizzy drink

Exercise 6: Situation 2

Level 3

After football

Nour plays football for one hour. She is hot and thirsty.

1) Nour should...

☐ sleep on the grass ☐ eat sweets ☐ drink lots of water

2) Which snack is healthy for her?

☐ a bag of chips ☐ a big cake ☐ a banana

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

Exercise 1: True or false?

1. Rayen draws a small bag of chips on his plate. → true. Pasta, carrots and a small bag of chips.
2. Shouldn't means should not. → true. It is the short form.
3. Fizzy drinks are the best drink for children. → false. Water is the best drink; fizzy drinks have a lot of sugar.
4. Mrs Ben Salah is a teacher of English. → false. She is the school nurse.

Exercise 2: Complete with the right word

1. Carrots and tomatoes are **vegetables**
2. You **should** eat lots of vegetables. They are healthy.
3. Apples and grapes are **fruits**

Exercise 3: Choose the right answer

1. Should I eat fruit every day? → **Yes, you should..** Short answer: Yes, you should.
2. Which food is unhealthy if you eat a lot? → **sweets**. Sweets have a lot of sugar.
3. Your friend is thirsty. You say: → **You should drink water..** Water is the best drink.

Exercise 4: Classify

1. fish → Healthy 🍏
2. sweets → Unhealthy (only sometimes) 🍬
3. chips → Unhealthy (only sometimes) 🍟
4. water → Healthy 🍏
5. carrots → Healthy 🍏

Exercise 5: Situation 1

1. What advice can you give? → **You shouldn't eat doughnuts every day..** Doughnuts and fizzy drinks are only for sometimes.
2. What should he drink? → **water**. Water is the best drink.

Exercise 6: Situation 2

1. Nour should... → **drink lots of water**. After sport we need water.
2. Which snack is healthy for her? → **a banana**. A banana is a healthy fruit.

