



# How to Stay Healthy

## Subject Area

The World of Science & Technology

## Topics & Curriculum Links

human body; how the body works (Science)

healthy food and drink; food types (Science)

sports and exercise (Civics; Science)

life at home (Civics)

healthy lifestyle; protecting your body (Science; Civics)

disabilities (Science; Civics)

microbes; personal hygiene (Science; Civics)

sizes, measurements, and quantities (Mathematics)

places and countries (Geography)

## Vocabulary

food and drink; sports; activities; parts of the body; transportation; numbers; measurements; places; countries; continents

## Grammar

present simple; present continuous; past simple; question forms; imperative; adjectives; prepositions; adverbs

## Teaching Ideas

See also [pages 6–7](#) for general ideas that you can adapt. Or go to [www.oup.com/elt/teacher/readanddiscover](http://www.oup.com/elt/teacher/readanddiscover)

### My Plate of Food

After reading Chapter 3, students collect pictures of food that they eat. Then they make a poster of their own version of the food plate, to show what they eat, and how much of each food type they usually eat. They can also add food labels to the pictures.

### READ & TALK Food Around the World

After reading Chapter 4, students do more research on traditional dishes and/or food from a country of their choice, using books or the Internet. Then they can make a poster and present their findings to the rest of the class. Students then display all the posters together. They can organize the information by continent or country.

### READ & TALK An Exercise Survey

After completing Project 2, students collect the survey information from the class. They can do this by listening to each student giving their information in turn, or by collecting the information in a big chart on the board. Then they make a bar chart to show the class results.

### How to Stay Healthy Posters

Students make posters about how to stay healthy. Students can work in groups, and each group can focus on a different aspect, for example, food and drink, exercise, protecting your body. Posters can then be displayed together.

## Activities Answers

**Page 24–25** 1 1 body 2 healthy 3 medicines 4 exercise 5 fast 6 food  
2 1 medicines 2 outdoors 3 disabilities 4 body 5 exercise 6 healthy  
7 travel 3 1 true 2 false 3 true 4 true 5 true 6 false 4 free answers

**Page 26–27** 1 1 brain 2 lungs 3 heart 4 liver 5 intestines 6 bone 7 skin  
8 muscle 9 kidneys 10 stomach 2 1 It moves blood around your  
body – heart 2 It breaks down the food that you eat – stomach  
3 It makes different parts of your body work well – brain 4 It protects  
your body – skin 5 They support your body – bones 6 They help you  
to breathe – lungs 3 1 blood 2 breathe 3 bones 4 liver, kidneys  
5 temperature 6 move 4 1 true 2 true 3 false 4 false 5 true 6 false

**Page 28–29** 1 1 fruit 2 milk 3 bread 4 fish 5 vegetables 6 rice  
2 1 Carbohydrates: bread; Proteins: fish, meat, eggs; Vitamins: fruit,  
vegetables 3 1 proteins 2 fat 3 sugar 4 calcium 5 vitamins 6 fiber  
4 1 Carbohydrates give your body energy. 2 Fiber helps food to  
move through your stomach and intestines. 3 Proteins help your  
muscles to grow. 4 You need calcium for healthy bones. 5 Too much  
fat, sugar, and salt is unhealthy.

**Page 30–31** 1 1 Peru 2 Bolivia 3 China 4 Japan 5 Mediterranean Sea  
2 1 fruit 2 vegetables 3 salad 4 rice 5 fish 6 meat 7 bread 8 olive oil  
3 1 rice 2 fat 3 salad 4 quinoa 5 chopsticks 6 tomatoes 7 iron  
4 free answers

**Page 32–33** 1 1 Millions 2 sick 3 food 4 toilet 5 dirty 6 meat  
2 1 in your mouth 2 microbes 3 dentist 4 sugar 3 1 false 2 true  
3 true 4 true 5 true 4 1 millions 2 Wash your hands. 3 The microbes  
on your teeth eat the sugar, too. 4 To keep them healthy. 5 Go to  
the dentist; don't eat too much food with sugar.

**Page 34–35** 1 1 bones, muscles 2 problems 3 good 4 work 5 healthy  
2 1 Everyone needs to do exercise to stay healthy. 2 Exercise isn't  
only for young, healthy people. 3 You need to do some exercise  
every day. 4 Swimming is a good exercise, and most people can do it.  
5 Many people with disabilities can do team sports and athletics.  
6 You don't have to go to the sports center every day. 3 1 Everyone  
needs to do exercise to stay healthy. 2 Exercise protects you from  
health problems. 3 Exercise isn't only for young people. 4 Swimming  
is a good exercise. 5 You can play sports in the park. 6 Exercise helps  
you to work better at school. 4 free answers

**Page 36–37** 1 1 lungs 2 breathe 3 heart 4 blood 5 food 6 sweat  
2 1 breathe 2 lungs 3 heart 4 blood 5 skin 6 cool down 3 1 need  
2 faster 3 more healthy 4 can't 5 short 6 bigger 4 1 Because your  
lungs take in more air to give your body more oxygen. 2 It cools  
down your skin when it dries. 3 oxygen 4 Your muscles can't get all  
the oxygen that they need. 5 Walking, jogging, cycling, swimming  
6 running fast

**Page 38–39** 1 1 walk 2 skip 3 jog 4 stretch 2 1 Before exercise: Warm  
up your muscles; do stretching exercises 2 When you do exercise:  
Breathe slowly and deeply 3 After exercise: Cool down your muscles;  
do more stretching exercises; drink 3 1 muscles 2 arms, legs 3 breathe  
4 cool down 5 equipment 6 lights 4 1 walk, jog, skip 2 run slowly, walk  
3 (Use the right equipment to) protect your head and body; wear  
bright clothes; use lights.

**Page 40–41** 1 1 cycling 2 walking 3 team sports 4 adventure sports  
2 1 happier 2 school 3 walking 4 sun 5 teeth, bones 6 sunscreen  
3 1 It's good to spend time outdoors. 2 Some people do exciting  
adventure sports. 3 The sun can damage your skin. 4 It's important  
to wear sunscreen. 5 What sports do you do outdoors? 6 Your skin  
uses the sun to make Vitamin D. 4 free answers

**Page 42–43** 1 1 rest 2 grow 3 muscles 4 sleep 5 brain 6 repair  
2 1 true 2 false 3 true 4 true 5 false 3 1 protein 2 repair 3 hard 4 brain  
5 good, healthy 4 1 Small pieces of protein in your muscles break.  
2 So that your brain can rest. 3 Between six and eight hours every  
night. 4–5 free answers