**How to Keep Healthy**

**Work Sheet**

**Class\_\_\_\_\_\_\_\_\_\_\_ Name\_\_\_\_\_\_\_\_\_\_\_\_\_**

听对话，根据对话内容填空。

1. Tom has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because he really likes it.
2. Bill plays basketball \_\_\_\_\_\_\_\_ a week.( on Monday and Friday )
3. Anna sleeps for \_\_\_\_\_\_\_\_ on weekdays. (I go to bed at 10 o’clock and get up at 7 o’clock.)
4. 连词成句。
5. keeping healthy, nowadays, people, more and more, the importance of, know

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1. I, you, would like to, keep fit, give , how to, some suggestions, on ,

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1. 汉译英。
2. 毫无疑问，健康比财富更重要。

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1. 吃得健康对每个人来说都很重要。

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三、看图写句子。

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

四、扩句。

1. We should exercise every day. (because, be good for)

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2. You had better eat more fruit and vegetables. (instead of)

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3. Health is valuable. (in a word, than anything)

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4. You can have a healthy body. (if, I believe)

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

五、用单词适当形式填空。

How to keep healthy

Nowadays, more and more people know the \_\_\_\_\_\_\_\_\_\_\_\_\_\_(important)of keeping healthy. But do you know the ways to keep healthy? I would like to give you some suggestions.

In order to have a \_\_\_\_\_\_\_\_\_\_(health) body, firstly, you need to keep a balanced diet. You had better eat more fruit and vegetables instead of junk food. You should drink plenty of water instead of cola or other drinks. Secondly, \_\_\_\_\_\_\_\_(do) exercise can make you healthy and strong. You can take a walk after dinner or play sports with your friends after school. Thirdly, Maintaining good personal hygiene is also very important. You should wash your hands before meals. And do not forget to wear masks in crowded places. In addition, having a good sleep is helpful. You had better \_\_\_\_\_\_\_\_(sleep) for at least 8 hours a day.

Besides, you should pay more attention to your mental health. When you are stressed out, you should relax \_\_\_\_\_\_\_\_\_\_\_(you). Listening to music , doing sports or talking with your friends may help a lot. The most important is to love yourself and trust yourself, because you are unique and wonderful in your own way.

In a word, health is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(valuable)than anything else. If you can follow the above advice, you can have a healthy body and a better life.