

**A** Look at the pictures and unscramble the words.



## Dr. Smith's Diary | Monday, the 24th of February



Jack

a (1) **abck** back ache



Jill

(2) **cohug** \_\_\_\_\_ and  
a (3) **lodc** \_\_\_\_\_



Mary

a (4) **asmotch** \_\_\_\_\_  
ache



Clark

(5) **ttooh** \_\_\_\_\_ ache



Ken

a sore (6) **deroshul**  
\_\_\_\_\_



Roy

wasn't (7) **lil** \_\_\_\_\_



**B** Listen and write *must* or *mustn't*.  **TR: 7.1**



1. Jack \_\_\_\_\_ run or jump.
2. Mary \_\_\_\_\_ drink some tea.
3. Roy \_\_\_\_\_ do sport.

**C** What is it like to be a student at your school? Discuss.  
Use the words in the box.



It's important to

It's fun to

It's easy to

It's difficult to

It's silly to

It's healthy to

It's good to

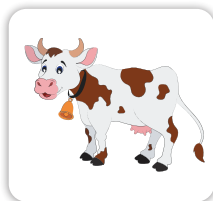
It's not good to



It's important  
to do your  
homework.

It's easy to make  
friends here.

**D** Write the words. Complete the poem with the words.  
Listen and check. **TR: 7.2**



**COW**

The brown (1) **cow** is jumping now,

It runs (2) **d** the hill – oh wow!

It sees a (3) **h** near a (4) **m**,

And starts to (5) **a** the playground.

**E** Read and put the events in the correct order.



*An apple a day keeps the doctor away.*

**A**

1

Daryna wants to be healthy.

**B**

Daryna smiles, eats a banana, and feels better. Healthy habits help her feel strong and happy every day!

**C**

3

She walks in the park and plays with her dog. She does exercises every day. She does yoga at the weekend.

**D**

She eats fruit and vegetables. She drinks water, not cola. She sleeps eight hours every night.

**E**

She feels sad and starts to worry. But her teacher says, *'It's okay to make mistakes. Don't worry – every day is a new chance to learn.'*

**F**

Daryna also wants to feel calm.

**G**

5

Sometimes she gets a bad grade at school.



- ☐ I can write *illness* words.
- ☐ I can listen to and understand information about health.
- ☐ I can talk about my school.
- ☐ I can write words with *ow* and *ou*.
- ☐ I can read about a healthy way of life.

