



## Unit 4 BETTER HEALTH

Name/Surname .....

Date: .....

Class: .....

### ACTIVITY 1

■ Rayez dans la grille les mots de la liste pour reconstituer la phrase mystère.

V	D	O	N	T	E	T	A	E	E	M	A	T	D	T
E	E	S	T	A	I	R	S	G	T	O	E	O	O	A
M	X	G	U	C	H	F	N	R	A	A	O	A	V	T
E	A	E	E	T	B	I	A	E	L	F	L	O	L	A
Y	N	C	R	T	K	E	D	T	O	M	I	E	A	S
L	L	S	+	C	A	+	+	A	C	D	+	+	+	+
+	+	R	A	S	I	B	+	W	O	F	+	+	+	+
+	+	N	A	+	M	S	L	+	H	+	R	B	+	T
+	S	M	I	L	E	O	E	E	C	+	M	U	+	A
E	V	E	R	Y	U	+	K	+	S	I	D	+	I	F
+	+	+	+	+	+	G	+	E	L	+	+	A	D	T
+	H	A	P	P	Y	J	E	C	+	+	+	R	Y	+
G	I	V	E	+	+	U	+	R	+	+	I	+	+	+
+	+	+	+	+	+	N	+	+	+	N	+	+	+	+
+	+	+	+	+	+	K	+	+	K	+	+	+	+	+

(Over, Down, Direction)

AVOID(15,2,SW)

DAY(12,10,SE)

EVERY(1,10,E)

FOOD(11,4,NE)

HAPPY(2,12,E)

REGULARLY(9,13,NW)

SNACKING(2,9,NE)

WATER(9,7,N)

CHOCOLATE(10,9,N)

DRINK(14,11,SW)

EXERCISE(1,2,SE)

FRUIT(11,7,SE)

JUNK(7,12,S)

SMILE(2,9,E)

STAIRS(3,2,E)

CLIMB(9,12,NE)

EAT(9,1,W)

FAT(15,10,N)

GIVE(1,13,E)

MEALS(11,1,SE)

SMOKE(5,7,SE)

VEGETABLES(1,1,SE)

Don't eat too much fat, eat balanced meals

## ACTIVITY 2

■ Rayez les erreurs et réécrivez les expressions pour donner des conseils appropriés.

- Be happy and cry. → **Be happy and smile.**
- Never exercise. → **Exercise regularly.**
- Drink soda. → **Drink water.**
- Give up fruit and vegetables. → **Eat fruit and vegetables.**
- Don't be afraid of too much fat. → **Beware of too much fat**
- Eat junk food every day. → **Give up junk food.**
- Enjoy snacking in front of the TV. → **Avoid snacking in front of the TV.**
- Don't use the stairs. → **Climb the stairs.**

## ACTIVITY 3

■ Utilisez le code pour reconstituer la phrase.

A	B	C	D	E	F	G	H	I	J	K	L	M
5			13	11		4	14	16		6	9	3

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
15	10	7		2	17	18	8	19	1		12	

**W A L K T H I R T Y M I N U T E S**  
 1 5 9 6 18 14 16 2 18 12 3 16 15 8 18 11 17  
**E V E R Y D A Y A N D G I V E U P**  
 11 19 11 2 12 13 5 12 5 15 13 4 16 19 11 8 7  
**S M O K I N G.**  
 17 3 10 6 16 15 4