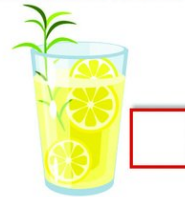
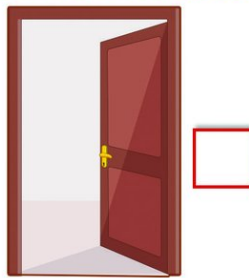


A. BRAINY IS YOUR FRIEND. HE CAN HELP YOU BE A GOOD STUDENT AND A HEALTHY CHILD. READ OR LISTEN TO THE CLUES AND TICK THE BOX:

1 BRAINY DRINKS MILK IN THE MORNING.



2 HIS BEDROOM WINDOW IS OPEN EVERY MORNING.



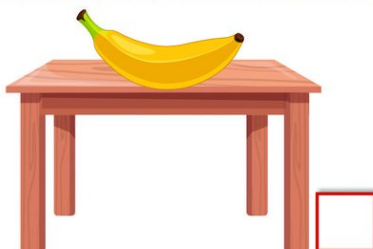
3 HE HAS GOT A GREEN LUNCHBOX IN HIS SCHOOLBAG.



4 THERE IS A GLASS OF LEMONADE ON THE DESK.



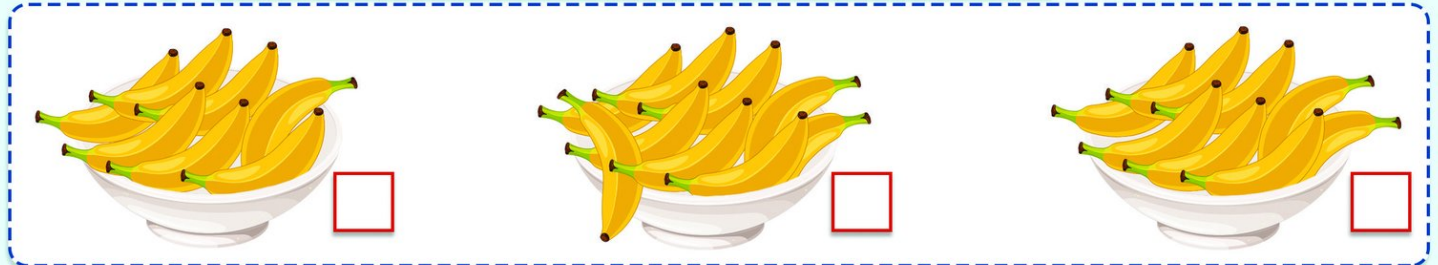
5 THERE IS A LEMON UNDER THE TABLE.



6 HE RIDES HIS BIKE IN THE PARK AFTER SCHOOL.



7 THERE ARE EIGHT BANANAS IN THE FRUIT BOWL.



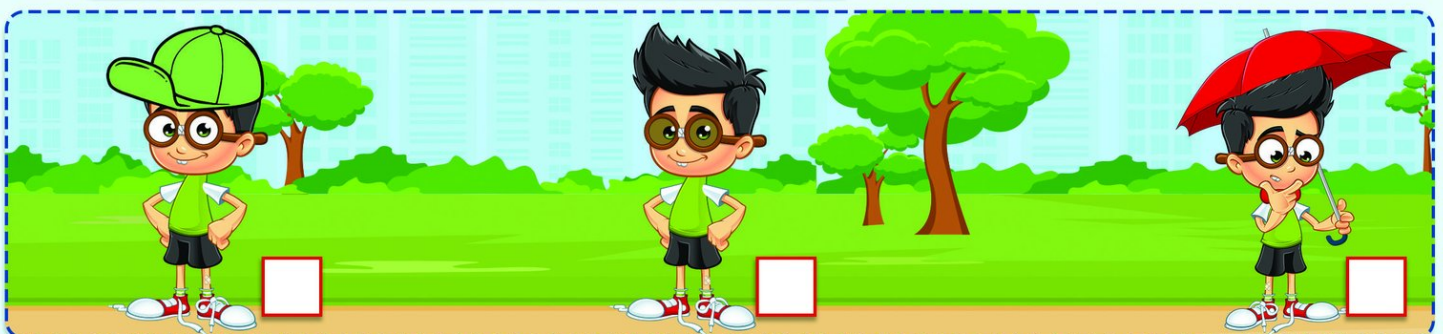
8 THERE ARE SOME GRAPES IN THE BOWL, BUT THERE AREN'T ANY ORANGES.



9 HIS BEDROOM IS ALWAYS CLEAN AND TIDY.

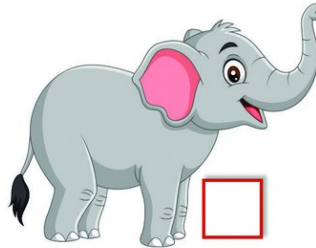


10 BRAINY HAS GOT A CAP ON HIS HEAD WHEN HE GOES TO THE PARK IN THE SUMMER.



**B. READ OR LISTEN TO THE CLUES AND FIND BRAINY'S FRIENDS. WE MUST PROTECT THEM, THERE ARE NOT SO MANY ON OUR PLANET TODAY AND THEY NEED OUR HELP.**

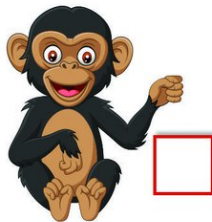
**1 IT IS BIG. IT IS GREY. IT HAS GOT BIG EARS. IT IS SMART.**



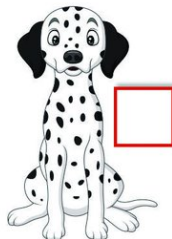
**2 IT IS GREEN. IT CAN FLY. IT CAN TALK BUT IT CAN'T SWIM.**



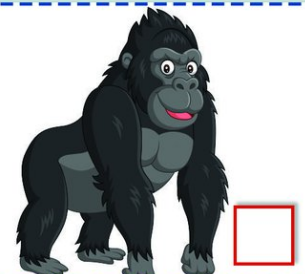
**3 IT IS FUNNY AND SMART. IT CAN CLIMB TREES. IT LOVES BANANAS.**



**4 IT IS BLACK AND WHITE. IT IS FUNNY AND CUTE. IT IS NOT A PET.**



**5 IT IS A BIRD, BUT IT CAN'T FLY. IT IS BLACK AND WHITE. IT IS FUNNY AND CUTE.**



A. Brainy wants to learn more about wild animals. Read and fill in the missing words to find out about Brainy's new friend.

Brainy: Hello! (1) \_\_\_\_\_ your name?  
**Who \ What's \ What**

Raj: Hi! My name (2) \_\_\_\_\_ Raj.  
**am \ is \ are**

Brainy: How (3) \_\_\_\_\_ are you?  
**old \ years \ age**

Raj: I'm six (4) \_\_\_\_\_ old.  
**very \ years \ age**

Brainy: (5) \_\_\_\_\_ you a big animal?  
**Am \ Is \ Are**

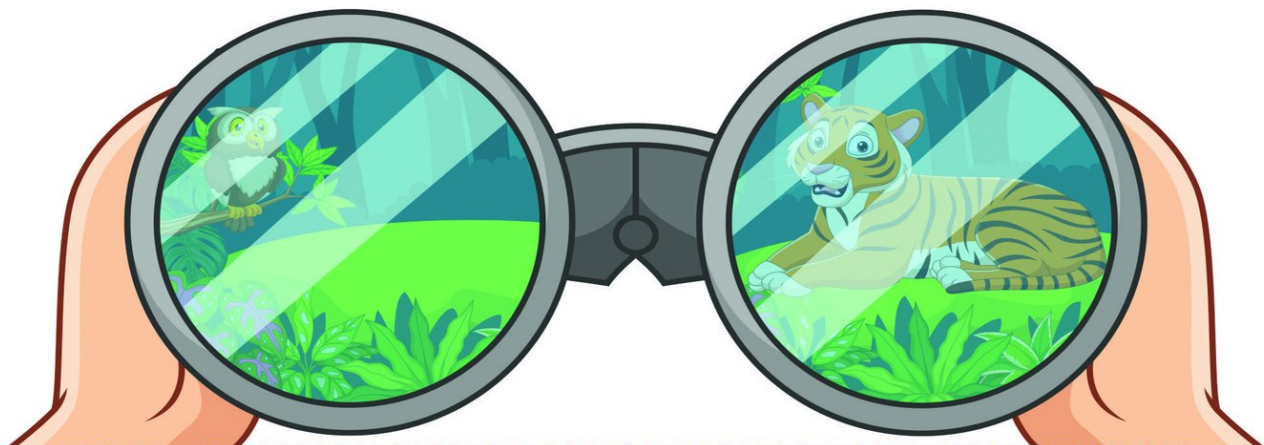
Raj: Yes, I (6) \_\_\_\_\_ big and strong.  
**am \ is \ are**

Brainy: (7) \_\_\_\_\_ you run?  
**Have \ Can \ Are**

Raj: Yes, I run very fast and jump because I have got strong (8) \_\_\_\_\_.  
**ears \ legs \ eyes**

Brainy: Are (9) \_\_\_\_\_ a lion?  
**we \ you \ they**

Raj: No, I'm (10) \_\_\_\_\_. I'm a tiger. I am a beautiful animal.  
**not \ isn't \ aren't**

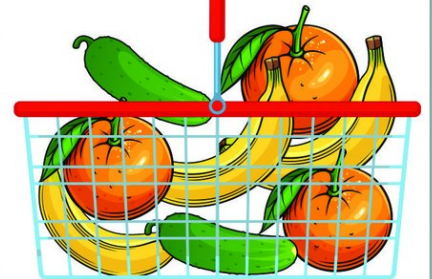


**B. Brainy and his friends are getting ready for a picnic. They are making a vegetable salad and a fruit salad. Delicious! Match each person to their basket.**

1. Brainy has got apples, oranges and tomatoes.
2. Helen has got apples, bananas and carrots.
3. Mike has got grapes, carrots and bananas.
4. Luke has got tomatoes, lemons and grapes.
5. Sally has got bananas, oranges and cucumbers.

1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_,  
4. \_\_\_\_\_, 5. \_\_\_\_\_.

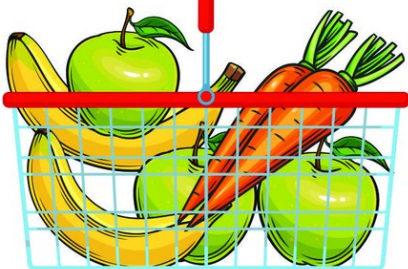
a



b



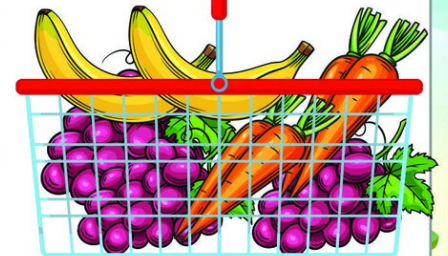
e



d



c



**A. Brainy is at the Science Museum to find out more about life in the oceans and seas. Fill in the missing words and learn with Brainy.**

Brainy: Hi! What's (1) \_\_\_\_\_ name?  
**a \ your \ an**

Fin: I (2) \_\_\_\_\_ Fin, your new friend.  
**am \ is \ are**

Brainy: (3) \_\_\_\_\_ old are you?  
**What \ Who \ How**

Fin: I'm 8 (4) \_\_\_\_\_ old.  
**ears \ hears \ years**

Brainy: Where (5) \_\_\_\_\_ you live?  
**are \ do \ is**

Fin: I live (6) \_\_\_\_\_ the ocean, of course. I don't live on land.  
**on \ in \ between**

Brainy: (7) \_\_\_\_\_ you swim?  
**Are \ Have \ Can**

Fin: Yes, I swim and jump in the water all day long.

Brainy: (8) \_\_\_\_\_ you got a big body?  
**Do \ Can \ Have**

Fin: Yes, I have got a big grey body and a strong tail, but I (9) \_\_\_\_\_ got legs.  
**don't \ can't \ haven't**

Brainy: What is your favourite food?

Fin: I (10) \_\_\_\_\_ eating fish.  
**love \ play \ drink**

Brainy: Are you a shark?

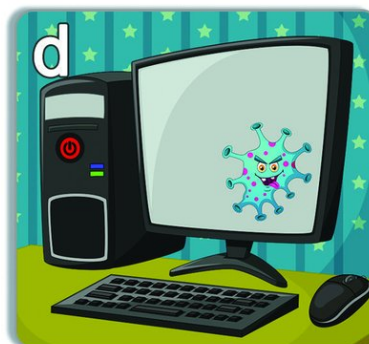
Fin: No, I'm not! I am a dolphin. Come play with me!



**B. Germs are invisible, but they can make us ill. Soap can help us fight germs. Help Brainy and Soapy find all the germs in the room and get rid of them.**

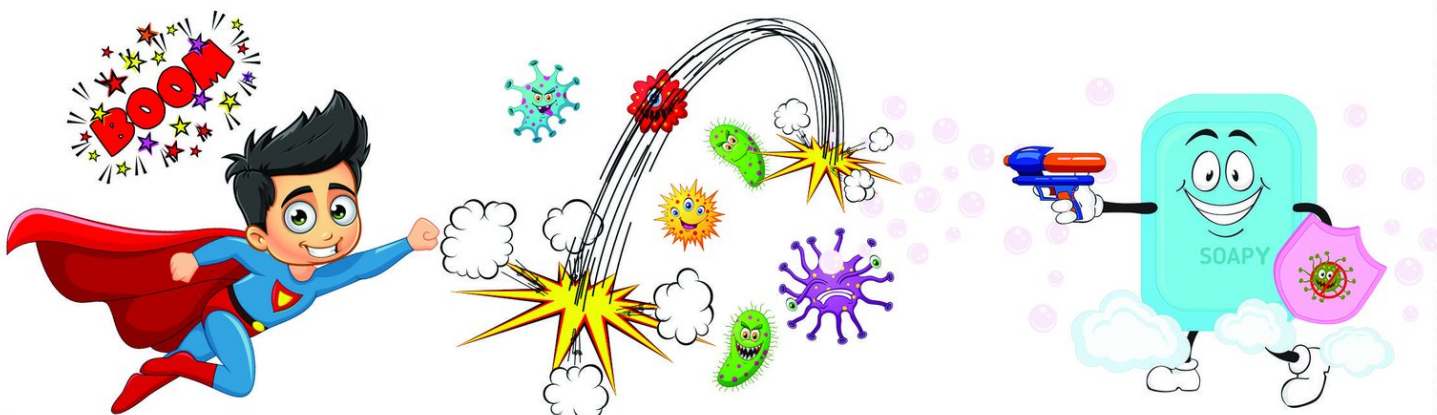
**GERM = MICROB** (*Nume dat unor ființe vii microscopice, care trăiesc în sol, în apă, în aer, în corpul plantelor sau al animalelor și care pot fi agenți ai bolilor infecțioase - <https://dexonline.ro>*)

1. This germ is on the computer.
2. This germ is near the glass.
3. This germ is between the computer and the lamp.
4. This germ is in the glass.
5. This germ is under the lamp.



1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_, 5. \_\_\_\_\_.

**Kids, don't forget: WASH YOUR HANDS WITH SOAP AND WATER!**



A. Read and choose the correct words to find out how Brainy is having fun at the zoo. This is his advice to you: **SUNSHINE AND FRESH AIR MAKE YOU STRONG, LIKE A SUPERHERO!**



Brainy is walking in the park with 1. \_\_\_\_\_ friends. They 2. \_\_\_\_\_ happy because the sun is shining and they can have fun together. They arrive at the zoo and want to 3. \_\_\_\_\_ at the animals. They 4. \_\_\_\_\_ some apples and carrots for the horses. They admire all the animals, but they love looking at the 5. \_\_\_\_\_ because they are funny and cute, with long bushy tails.

"Look at the rabbits!" says the Zookeeper. "They have a 6. \_\_\_\_\_ of fluffy little 7. \_\_\_\_\_."

"Can we give them some carrots?" the 8. \_\_\_\_\_ ask.

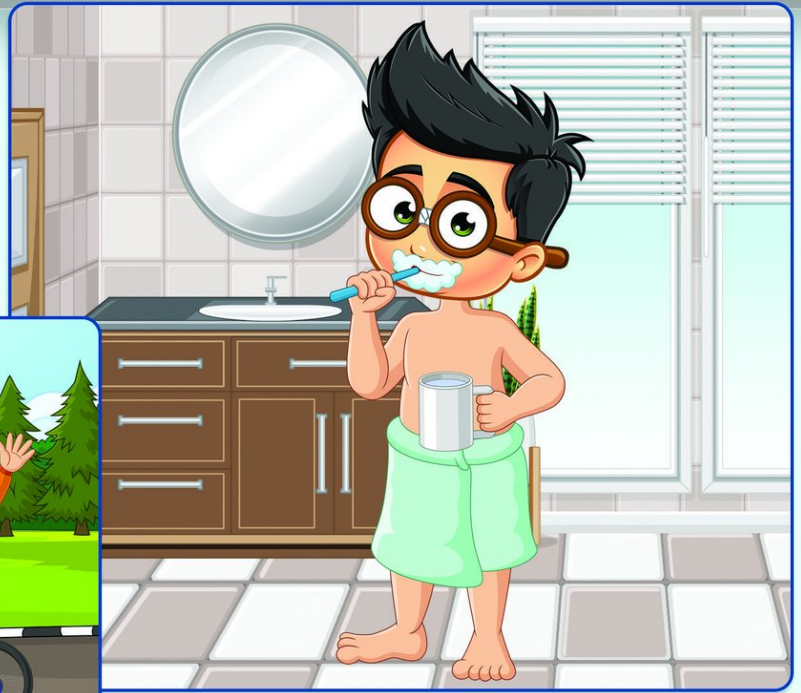
"No, you 9. \_\_\_\_\_. They don't eat vegetables, they are too young."

Now Brainy knows another lesson: **WE MUST PROTECT ALL ANIMALS, BIG AND SMALL.**

- |        |           |       |           |       |      |
|--------|-----------|-------|-----------|-------|------|
| 1.     | 2.        | 3.    | 4.        | 5.    | 6.   |
| HER    | ARE       | WATCH | HAS GOT   | FOXIS | LOT  |
| HIS    | AM        | LOOK  | HAVE GOTS | FOXES | LOTS |
| THEIR  | IS        | SEE   | HAVE GOT  | FOXS  | MANY |
| 7.     | 8.        | 9.    |           |       |      |
| BABIES | CHILDS    | CANT  |           |       |      |
| BABYES | CHILDRENS | CAN'T |           |       |      |
| BABYS  | CHILDREN  | CAN   |           |       |      |



B. Look at Brainy's daily routine and compare it to yours. If you want to be strong and healthy, just like Brainy, fill in the missing words and find out how you can take care of your body and your mind!



1. Brainy gets up \_\_\_\_\_ 7 o'clock every morning.

ON AT IN

2. He brushes his \_\_\_\_\_ and washes his face.

HAIRS HEIR HAIR

3. He always brushes his \_\_\_\_\_ in the morning and before going to bed.

TEETH TOOTHs TEETHS

4. He has a healthy \_\_\_\_\_ every morning and then he goes to school.

LUNCH BREAKFAST DINNER

5. He rides his bike or walks his dog in the park \_\_\_\_\_ the afternoon.

EVERY AT IN

6. He \_\_\_\_\_ a book in the evening.

READING READS READ

7. Brainy visits his grandparents \_\_\_\_\_ weekend.

EVERY AT IN

8. He \_\_\_\_\_ watch TV in the evening.

IS NEVER DOESN'T

9. Brainy always \_\_\_\_\_ to school or rides his bike.

WALKS WALKING WALK



B. Brainy wants to make a shopping list for healthy food. Help him fill in the missing words.



1. I need to buy \_\_\_\_\_ cucumbers and red peppers for a salad.  
NO    SOME    ANY
2. I want a \_\_\_\_\_ of milk because it is good for my bones.  
KARTON    CARTOON    CARTON
3. Of course, I must buy two \_\_\_\_\_ of apples. They are full of vitamins.  
KILOS    KILOES    CANS
4. My favourite fruits are \_\_\_\_\_. They are red and juicy, yum yum!  
CHERRYES    CHERRIES    CHERRYS
5. I don't buy \_\_\_\_\_ lollipops because they are bad for my teeth.  
NO    SOME    ANY
6. When I ride my bike in the park I always take a \_\_\_\_\_ of water with me.  
BOTTLE    JAR    BOWL
7. When you are \_\_\_\_\_, you should drink some water.  
HUNGRY    THIRSTY    TIRED
8. Brainy does not eat too much \_\_\_\_\_, but he loves fruit and vegetables.  
BREADS    BREAD    BRED
9. Mother is asking him to buy a \_\_\_\_\_ carrots and onions for a delicious soup.  
LOT    LITTLE    FEW
10. \_\_\_\_\_ are delicious in a salad.  
TOMATOS    TOMATES    TOMATOES

1 People ..... three times a week.

- ☐ a) exercise; ☐ b) exercises; ☐ c) is exercising; ☐ d) are exercising.

2 We ..... a new healthy recipe this week.

- ☐ a) try; ☐ b) are trying; ☐ c) is trying; ☐ d) tries.

3 He ..... a green smoothie at the moment.

- ☐ a) drinks; ☐ b) is drinking; ☐ c) are drinking; ☐ d) drink.

4 He ..... for eight hours each night.

- ☐ a) sleep; ☐ b) sleeping; ☐ c) sleeps; ☐ d) is sleeping.

5 "You ..... practise sports every day" the doctor advised me.

- ☐ a) could; ☐ b) must; ☐ c) should; ☐ d) had better.

6 People ..... to be less stressed for a better life.

- ☐ a) need; ☐ b) must; ☐ c) can; ☐ d) wouldn't.

7 Recycling is ..... than reducing the consumption.

- ☐ a) easier; ☐ b) easier; ☐ c) the easiest; ☐ d) more easier.

8 It ..... more difficult to go to the gym in the past.

- ☐ a) is; ☐ b) was; ☐ c) are; ☐ d) were.

9 More and more people ..... public transportation to reduce air pollution.

- ☐ a) are using; ☐ b) is using; ☐ c) used; ☐ d) uses.



**10** Forests ..... oxygen for all living beings.

- ☐ a) is providing; ☐ b) are provideing; ☐ c) provide; ☐ d) provides.

**11** Junk food affects the health of .....

- ☐ a) adult and child; ☐ b) adults and children;  
☐ c) peoples and childrens; ☐ d) person and child.

Unscramble the words to form a correct sentences:



**12** important / very / is / Eating / fruits / for / our / health / .

.....

.....

**13** Playing / helps / outside / the / kids / to / have / life / a / happy / .

.....

.....

**14** together / to / trees / we / plant / Why / aren't / going / ?

.....

.....

**15** always / They / litter / are / throwing / beach / the / on / .

.....

.....

Write sentences using the tense given. Add any words you need.

1 They - can - not - see - far - because - of - the - dark. (past simple)

.....

.....

2 She - climb - mountains - next - summer. (future simple)

.....

.....

3 When - you - plant - that - apple tree? (present continuous)

.....

.....

4 Conserving - natural - habitats - protect - wildlife. (present simple)

.....

.....

5 Your - parents - recycle - plastic - last - year? (past simple)

.....

.....

6 At this time - last - Monday - we - play - in - the - playground. (past continuous)

.....

.....

.....

Choose the correct option:

7 Last summer I built ..... and played with .....

- ☐ a) sandcastle, ship;  
☐ c) sandcastles, sheeps;

- ☐ b) sandcastles, ships;  
☐ d) sandcastle, sheep.

8 They were eating ..... this time yesterday.

- ☐ a) fishes and chip;  
☐ c) fish and chips;

- ☐ b) fishs and chips;  
☐ d) fish and chipses.

9 Electric cars are ..... than gasoline cars.

- ☐ a) the most eco-friendly;  
☐ c) eco-friendlier;

- ☐ b) eco-friendly;  
☐ d) more eco-friendly.

10 The polar regions are ..... areas to climate change.

- ☐ a) the most vulnerable;  
☐ c) vulnerable;

- ☐ b) the more vulnerable;  
☐ d) the vulnerablest.

11 George depends **on / of / from / for** his father to give him money.

12 My friend asked me to listen **on / at / to / up** her.



Choose the correct synonym for the underlined words:

13 He made his fortune from selling cars.

- ☐ a) living; ☐ b) reputation; ☐ c) wealth; ☐ d) status.

14 It's vital to preserve water resources for the future.

- ☐ a) dry; ☐ b) put apart; ☐ c) protect; ☐ d) cut down.

15 Will you read us a tale tonight?

- ☐ a) story; ☐ b) legendary;  
☐ c) riddle; ☐ d) fabulous.

Read the text and answer the questions:

Once upon a time in a sunny little town, there lived a cheerful girl named Jane. Jane loved to explore the outdoors and was known for her bright smile and energetic spirit. However, a year ago, she realized that her busy lifestyle had led her to eat unhealthy foods and skip exercise.

One day, while walking through the park, Jane met an elderly man named Mr. Brown, who was jogging with his dog. He looked so lively and happy that Jane started a conversation. Mr. Brown shared his secrets to a healthy lifestyle: eating whole foods, staying active, and finding joy in every moment. Feeling inspired, Jane decided to make some changes.

She began cooking colourful meals filled with fruits and vegetables. Each day, she would try a new recipe, inviting her friends over for healthy cooking nights. They laughed, shared stories, and enjoyed delicious, nutritious food together.

Jane also joined a local dance class. She had always loved to dance, and now she moved her body to upbeat music while making new friends. The joy of dancing brought her a sense of freedom and happiness that she had missed. As the weeks went by, Jane noticed a change in herself. She felt more energetic, her mood lifted, and her smile grew even brighter. Her friends started to join her in her healthy habits, and soon, they were hiking, biking, and doing yoga together in the park.

(Autori: Șerbu Veronica și Vasile Lăcrămioara)

1 What was Jane known for?

.....

.....



2 Which were Mr. Brown's secrets for a healthy lifestyle?

.....

.....

3 What changes did Jane do in her lifestyle?

.....

.....

4 How did she feel after taking up dance classes?

.....

.....

5 What do you do to have a healthy lifestyle?

Use the words in capitals to form a new word that fits into each blank:

6 I came to the ..... that I must leave the door open. **CONCLUDE**

7 ..... from all over the world came to see the new discovery. **SCIENCE**

8 I don't like ..... because I must learn chemical symbols by heart. **CHEMIST**

9 The ..... in the institution is guarded by my father. **ENTER**

Underline the right tense in the following sentences:

10 While I cooked / was cooking / has been cooking, I discover / has discovered / discovered a new healthy ingredient.

11 They have learnt / learnt / will learn about nutrition at school this month.

12 Try / Am trying / Will try to eat more plant based meals and I am going to ask / will asks / am asking my mother to cook my meals.

13 By 9.00 A.M. yesterday I have drunk / had drunk / drank my smoothie.

Choose the correct synonym for the underlined words:

14 Incorporating fruits and vegetables in your diet is essential.

☐ a) including; ☐ b) cooking; ☐ c) chopping.

15 Getting enough sleep is vital for our brain.

☐ a) essential; ☐ b) restful; ☐ c) comfortable.



Read the text and answer the questions:

Sports play a vital role in promoting a healthy lifestyle and enhancing overall well-being. Engaging in physical activities not only helps maintain physical fitness but also contributes significantly to mental health.

Firstly, regular participation in sports improves cardiovascular health. Activities like running, swimming, and cycling increase heart rate, improve circulation and strengthen the heart muscle. This reduces the risk of heart disease and helps maintain a healthy weight. Additionally, sports enhance muscle strength, flexibility, and endurance, which are essential for daily activities and overall mobility.

Moreover, sports have a profound impact on mental health. Physical activity releases endorphins, often referred to as “feel-good” hormones. These endorphins can alleviate stress, anxiety and depression.

Participating in team sports also fosters social connections, providing a sense of belonging and support, which is crucial for emotional well-being.

In conclusion, the relationship between sports and health is undeniable. Engaging in sports not only improves physical fitness but also enhances mental well-being and fosters social connections. Embracing an active lifestyle through sports is essential for achieving a balanced and healthy life. Whether through individual activities or team sports, everyone can find a way to incorporate physical activity into their daily routine, leading to a happier and healthier life.

(Autori: Șerbu Veronica și Vasile Lăcrămioara)

1 Which are the benefits of sports?

.....

.....



2 What does regular participation in sports lead to?

.....

.....

3 How does the so-called feel-good hormone (endorphin) help?

.....

.....

4

How can you achieve a balanced and healthy life?

.....

.....

.....

5

How do you manage to have a healthy lifestyle?

.....

.....

Unscramble the words:

6

diet / a / provides / Eating / balanced / your / body / the / nutrients / needs / .

.....

.....

7

crucial, / especially / Staying / is / hydrated / physical / during / activities / .

.....

.....

8

People / outdoors / and / a / mood / for / good / spend / a / life / time / healthy / .

.....

.....

Underline the right tense in the following sentences:

9

I was reading / am reading / will be reading a book about nutrition while my sister practised / was practising / is practising yoga.

10

You keep / won't keep / kept fit unless you will eat / eat / ate healthy food.

11 When I grew up / grow up / will grow up, I would like / will like / like to become a fitness instructor.

12 She had been jogging / has been jogging / will have been jogging in the park for an hour before I meet / met / will met her.

Complete the sentences with one word for each blank:

13 I always eat fresh ..... for a balanced diet.

14 Drinking enough ..... is essential for health.

15 Getting enough ..... each night is important to be energetic.

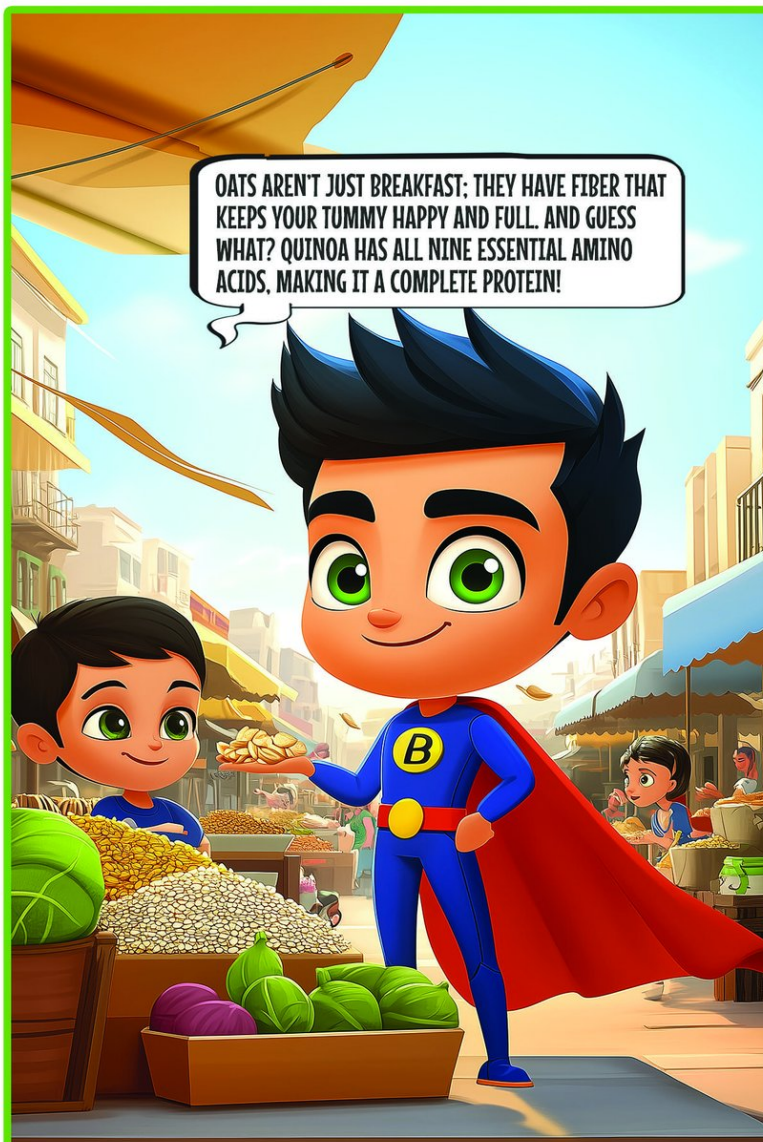
**FINISH**

# CROSSWORD

1. Tomato  
2. Pumpkin  
3. Zucchini  
4. Cauliflower  
5. Asparagus  
6. Radish  
7. Leek  
8. Corn  
9. Eggplant  
10. Garlic  
11. Onion

1. TOMATO, 2. PUMPKIN, 3. ZUCCHINI, 4. CAULIFLOWER, 5. ASPARAGUS, 6. RADISH, 7. CHIVES, 8. CORN, 9. EGGPLANT, 10. GARLIC, 11. ONION









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