

**ENGLISH CONVERSATION CLASS
ELEMENTARY
MAY WEEK N°1**

Topic: Healthy habits

Play this video and answer the following questions:

<https://www.youtube.com/watch?v=UxnEuj1c0sw>

- 1. What is one reason the video gives for why being healthy is important?**
 - A. So you never have to sleep
 - B. So you're less likely to get sick
 - C. So you can eat only sweets
 - D. So you can stop exercising
- 2. Which of these does the video recommend eating as part of a good balanced diet?**
 - A. Lots of fresh vegetables and fruits
 - B. Only protein bars
 - C. Only salty snacks
 - D. Only fast food
- 3. How do germs commonly spread, according to the video?**
 - A. By staying only in plants
 - B. By being invisible to everyone and never moving
 - C. By traveling on skin, through the air, or on dirty surfaces
 - D. By turning into water
- 4. Which hygiene habit does the video specifically mention to help stop germs?**
 - A. Washing your hands before you eat and after you use the toilet
 - B. Only washing your hair once a month
 - C. Wearing sunglasses indoors
 - D. Brushing your teeth with salt only
- 5. Why does the video say sleep is important?**
 - A. Because sleep makes germs stronger
 - B. Because sleep reduces the need to drink water
 - C. Because sleep trains your muscles instantly
 - D. Because sleep makes your body recover and grow

Answer Key:

1. B
2. A
3. C
4. A
5. D