Hábitos Alimentares Saudáveis e Ambiente — Exercícios

8.º Ano | Inglês | 3 páginas | 8 exercícios

Competências que desenvolve: classificar alimentos como saudáveis ou pouco saudáveis, aconselhar com *should* e *shouldn't*, associar problemas ambientais às suas soluções e ler um projeto de escola.

1. Marca *S* (saudável) ou *P* (pouco saudável)

a) fruit — ____ b) fried food — ____ c) water — ____

d) sweets — ____ e) vegetables — ____

2. Completa com *should* ou *shouldn't*

a) You _____ drink enough water every day.

b) You _____ skip breakfast.

c) We _____ leave the lights on when we leave.

d) Students _____ recycle paper at school.

3. Liga cada problema ambiental à sua solução

a) litter in the park — ____ b) air pollution in the city — ____

c) too much water used — ____ d) tons of paper waste — ____

1) take the bus or cycle instead of the car 2) recycle paper and use both sides 3) use less water and turn off the tap 4) put rubbish in the bins

4. Lê o texto e responde

Our school started the «Green and Healthy» project last term. In the canteen, we now have fruit every day and water instead of fizzy drinks. Classes compete to recycle the most paper, and the winning class gets a book prize. We also have a small garden where pupils grow vegetables. The teachers say the students sleep better and concentrate more since the project began.

a) When did the project start? → _____

b) What do students drink instead of fizzy drinks? → _____

c) What is the prize for the winning class? → _____

d) What do pupils grow in the garden? → _____

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5. Escolhe a opção correta

a) You should _____ enough sleep. (get / getting / got)

b) Water is _____ for you than fizzy drinks. (healthier / healthiest / more healthy)

c) We shouldn't leave the lights _____ . (on / in / at)

d) Recycling helps to reduce _____ . (pollution / pollute / polluted)

6. Corrige as frases

a) You should to eat more fruit. → _____

b) Sports are more healthier than TV. → _____

c) We shouldn't wastes water. → _____

7. Verdadeiro (V) ou Falso (F)

a) «Should» leva o verbo na forma base. → ____

b) «Shouldn't» serve para aconselhar a não fazer algo. → ____

c) «Recycling» é o ato de reaproveitar materiais. → ____

d) «Unhealthy» significa «saudável». → ____

8. Dá conselhos

Responde em frases completas com *should* / *shouldn't*.

a) Give two pieces of advice about healthy eating.

b) Give two pieces of advice about the environment at school.

c) Which habit would you change in your class?

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Soluções

1. a) S b) P c) S d) P e) S

2. a) should b) shouldn't c) shouldn't d) should

3. a) 4 b) 1 c) 3 d) 2

4. a) Last term. b) Water. c) A book prize. d) Vegetables.

5. a) get b) healthier c) on d) pollution

6. a) You should eat more fruit. b) Sports are healthier than TV. c) We shouldn't waste water.

7. a) V b) V c) V d) F — significa «não saudável»

8. Resposta pessoal. Exemplo: *You should eat fruit every day and you shouldn't drink too many fizzy drinks. We should recycle paper and shouldn't leave the taps running. I would change our class's habit of throwing paper away.*

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