



strawberry



watermelon



beef



sandwiches



tomatoes



sausage



cabbage



potato chips



eggplant

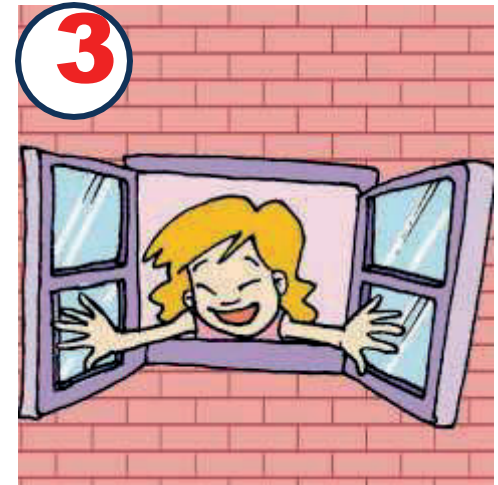
What should we eat or drink every day?

Meal	Food	Drink
Breakfast	<i>bread, eggs</i>	<i>milk</i>
Lunch	<i>vegetables, fish, meat, rice</i>	<i>orange juice, water</i>
Supper	<i>noodles, fruit, vegetables</i>	<i>hot water, milk</i>

What should we do to keep healthy?

1 Listen and number the following pictures.

录音 P41



1 Make sentences with the structures in the box.

should / shouldn't...
We
must / mustn't...



We should take showers often.



*We should wash the hands
before meals.*

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