

## I. Put the words into the correct column.

flu, playing sports, cough, walking, sore throat, watching TV fever, gardening, allergy, swimming, runny nose, doing aerobics, headache, exercising, sneezing, cycling, red skin, relaxing, stomachache, sleeping

| Illnesses and symptoms |  | Activities |  |
|------------------------|--|------------|--|
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|                        |  |            |  |
|                        |  |            |  |

## II. Match the health problems with the correct advice

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|----------------------------------------|-------------------------------------------------------|
| 1. I have spots on my face.            | a. You should go to your dentist.                     |
| 2. I get sunburnt.                     | b. Eat less junk food and do more exercise.           |
| 3. I've got flu.                       | c. You shouldn't drink cold drinks.                   |
| 4. I'm putting on weight.              | d. Apply an aloe vera lotion and drink lots of water. |
| 5. I have a toothache. My tooth hurts. | e. Spend less time in front of screens.               |
| 6. I have a sore throat.               | f. Stay at home and have a rest.                      |
| 7. My eyes are sore and tired.         | g. Wash your face regularly.                          |