

## Unit 2\_ HEALTH

### Practice 1

#### I- Fill in the blank the correct health problem from the box according to the description

earache	flu	toothache	backache
headache	sore throat	cough	stomachache

- \_\_\_\_\_ : a pain caused by something being wrong with one of your teeth.
- \_\_\_\_\_ : a pain in your back.
- \_\_\_\_\_ : a very severe pain that you feel in your head.
- \_\_\_\_\_ : pain in your stomach.
- \_\_\_\_\_ : a pain in the inside part of your ear.
- \_\_\_\_\_ : a problem which is like a very bad cold, but which causes a temperature.
- \_\_\_\_\_ : a pain in your throat.
- \_\_\_\_\_ : a health problem that you make a lot of loud sounds.

#### II. Match the problem in Column A with the appropriate advice in Column B

A	B
1. I have spots.	A. Wear a sun hat
2. I get sunburnt	B. Wear warm clothes and drink water
3. I have toothache	C. Eat less junk food
4. I feel sad	D. Go outside and play with friends
5. I'm putting on weight	E. Stay at home and take a rest
6. My eyes are getting weaker	F. Stop eating too many sweets
7. I feel tired	G. Spend less time on computers
8. I have a cold	H. Don't shout, sing or chew gum
9. I have a temperature	I. Cool down your room
10. I have a sore throat	J. Wash your face regularly

#### III. Use the words/phrases to fill in the sentences.

low-fat food    dusty area    littering    junk food    exercising    rubbish

- Some people have a very bad habit of \_\_\_\_\_ in public. They throw used things anywhere.
- It's harmful for your body if you eat a lot of \_\_\_\_\_ .
- \_\_\_\_\_ like running, playing ping pong can help you to stay in shape.
- A public place should have a dust bin for people to throw \_\_\_\_\_ in.
- A good diet contains \_\_\_\_\_ .
- People who live in \_\_\_\_\_ often suffer from diseases.