UNIT 5

LESSON A

5A Imperatives

Write the imperative of the correct verb from the list to complete each sentence.

not drink | drive | eat | exercise | not sit | not stay out | stretch | wash

HEALTH TIPS

- _____ a good breakfast.
- _____ too much coffee.
- _____ in front of a computer all day.
- _____ your body for a few minutes every day.
- _____ late every night.
- _____ two or three times a week.
- _____ a car slowly.
- _____ your hands before meals.

5A Adverbs of manner

Complete the tips with the adverb form of the adjectives in parentheses.

EXERCISE TIPS

- Breathe _____ (deep) before you exercise.
- But don't breathe _____ (heavy).
- Stretch your body _____ (careful).
- Move your arms and legs _____ (slow).
- Don't move them _____ (quick).
- Sit _____ (quiet) for a few minutes to relax.

LIVEWORKSHEETS