

## MAKING SUGGESTIONS

What would you say to these people? Match the situations with the suggestions.

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|---|--|
| 1. Your sister always eats burgers and pizza.     | ___ If I were you, I'd join a sport club.                  |
| 2. Your friend wants to get more exercise.        | ___ Why don't you take a vacation?                         |
| 3. Your little brother drinks soda for breakfast. | ___ You shouldn't eat junk food. It's bad for your health. |
| 4. Your father is always tired.                   | ___ You'd better drink some orange juice. It's healthier.  |
| 5. Your mother wants to lose weight.              | ___ You should go on a diet.                               |

Complete the chart with the verbs from the box. Then mark each habit as healthy or unhealthy.

spend go get play do eat drink

	Healthy	Unhealthy
1. _____ to bed very late		
2. _____ a good night's sleep		
3. _____ sugary foods		
4. _____ less time working		
5. _____ exercise every day		
6. _____ lots of water		
7. _____ games for long hours.		

Look at the pictures. Give advices for these people and their habits. Select the correct option.



1. You look tired and stressed out \_\_\_\_\_ get a good night sleep.

2. \_\_\_\_\_ I'd spend less time working.



3. The doctor said you \_\_\_\_\_ eat sugary food,

4 and you \_\_\_\_\_ drink lots of water.



5. In my opinion, kids \_\_\_\_\_ play games for long hours.

6. They \_\_\_\_\_ do exercise every day. It's healthier.