

1 Choose the correct words to complete the sentences.

To be healthy ...

- 1 you *should* / *shouldn't* sleep eight or nine hours every night.
- 2 you *should* / *shouldn't* drink lots of water.
- 3 you *should* / *shouldn't* go to bed late.
- 4 you *should* / *shouldn't* exercise four or five times a week.
- 5 you *should* / *shouldn't* eat too much chocolate or cake.
- 6 you *should* / *shouldn't* eat lots of fish, fruit and vegetables.

2 Complete the sentences with the phrases in the box.

eat so much chocolate go to bed
drink lots of water study hard tonight
sit down play tennis this afternoon

- 1 A: I've got a pain in my right arm.
B: You *shouldn't* _____.
- 2 A: I'm very tired and it's late.
B: Then you *should* _____, Sam.
- 3 A: My foot hurts.
B: You *should* _____ for a while.
- 4 A: I feel sick.
B: Well, you *shouldn't* _____!
- 5 A: I've got a difficult maths exam tomorrow.
B: You *should* _____.
- 6 A: Sarah's got a terrible cold.
B: She *should* rest and _____.

3 Read the sentences. Select only right advice.

To improve your English ...

- 0 you *should* read books in English. ✓
- 1 you *shouldn't* talk to people from English-speaking countries.
- 2 you *should* listen to music in English.
- 3 you *should* watch films in English.
- 4 you *shouldn't* practise pronunciation.
- 5 you *should* only study at weekends.

