

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. Is the advice right (✓) or wrong (X)?

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. _____

4 Correct the mistakes in three of the sentences. Which two are correct?

- 1 I think you should take a coat. _____
- 2 I should bring a DVD? _____
- 3 How much money should we bring? _____
- 4 You won't eat sweets in class. It's a school rule. _____
- 5 You will bring some water. It's very hot today. _____
- 6 Don't forget your keys. You should put them in your pocket. _____

VOCABULARY

Health

1 Complete the blog with the phrases in the box.

do some exercises eat well enter a race
stay healthy get fit have a rest sleep well

FITNESS FOR EVERYONE

Hi, everyone. Today I've got eight tips and pieces of advice for people who want to start running. Read on if you want to

- 1 _____ in no time at all!
- > Start slowly. Run a little, then _____, then run again.
- > Run five times a week.
- > 3 _____ – lots of fruit and vegetables. A good diet helps you _____.
- > Drink lots of water.
- > Don't watch screens late at night so you can _____ – eight hours a night at least.
- > In bad weather you can _____ in a gym.
- > Remember, at first it hurts but later you feel great!
- > 7 _____. This will give you something to work towards in the future. Maybe you'll win!



2 Match the sentence halves.

- 1 It is very _____
- 2 I like running but I don't want _____
- 3 I try to keep fit so _____
- 4 Swimming is a good way _____
- 5 The secret to eating well _____
- a I go cycling, swimming and running.
- b to stay healthy.
- c to enter a race.
- d important to do exercise.
- e is lots of fruit and vegetables.

3 Choose the correct words to complete the sentences.

- 1 I like to *get / keep* some exercise when I'm on holiday.
- 2 You should *do / have* a rest after so much running.
- 3 She's going to the gym because she wants to *get / have* fit.
- 4 You *do / feel* healthy when you eat well.
- 5 I'm going to *get / enter* the 100 m race in the school sports day.
- 6 You should *do / take* some exercises to make your legs stronger.