

Unit 2

Health

LESSON 2

- review giving advice about healthy lifestyles
- use "should" and "shouldn't"

New Words

a. Unscramble the words and phrases.



1 EELF EAWK

F E E L

W E A K

2 KATE AVITNISM

3 PEEK MRWA

4 EORS TATOHR

5 RFVEE

6 KETA CMENDEII

7 AYST PU LEAT

8 EGT OESM STER

b. Fill in the blanks using the words from Task a.



1. I have no energy and can't do any work. I feel weak.

2. I feel very hot and sick. I think I have a fever.

3. The doctor told me to eat healthy after eating, three times a day.

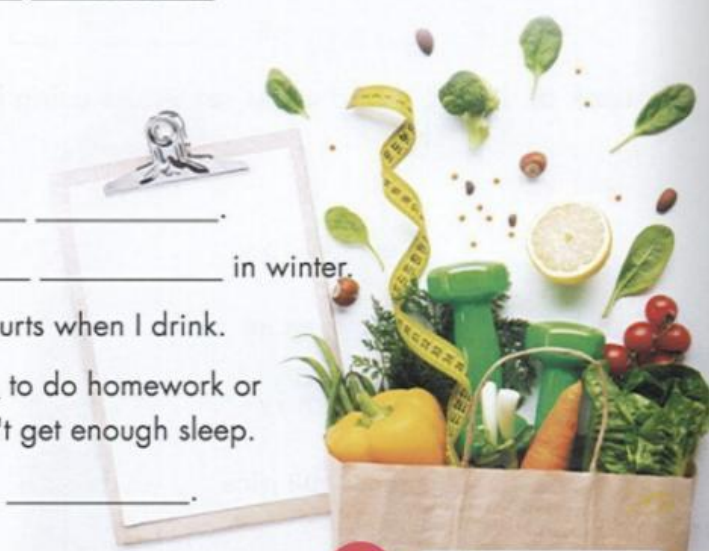
4. If you eat a healthy diet, you don't need to exercise.

5. You should wear a thick jacket and scarf to keep warm in winter.

6. I have a cough and a cold. It hurts when I drink.

7. Many teens don't have time to do homework or watch TV. That's bad for their health because they won't get enough sleep.

8. You look tired. You should get some rest.



Listening

a. Listen to two children talking at school. Who has a healthier lifestyle?



1. Brenda

2. Pete



b. Now, listen and circle A, B, or C.



1. Pete has...
A. a headache. B. a sore throat. C. a stomachache.
2. Pete does...
A. a lot of exercise. B. a little exercise. C. no exercise.
3. Brenda eats...
A. some junk food. B. no fresh fruit. C. a lot of salad.
4. Pete eats...
A. a lot of salad. B. a little salad. C. no salad.
5. Pete should...
A. do more exercise. B. eat more junk food. C. watch less TV.



Grammar Unscramble the sentences.



1. I have a sore throat. shout/much./You/so/shouldn't
You shouldn't shout so much.
2. I feel weak. take/should/You/vitamins./some

3. I have a stomachache. You/medicine./take/should

4. I have a fever. a/see/doctor./You/should

5. I'm always watching TV. should/exercise./do/You/more

Writing Read Lily and Jacob's health problems. Use *should* and *shouldn't* to give them your advice. Write full sentences.



Lily feels sick today. She has a cough and a sore throat. She eats a little fruit and vegetables every day. She sleeps five hours a night. She watches a lot of TV.

Lily should get some rest.

Jacob feels weak. He has a stomachache and feels sick. He doesn't eat breakfast. He eats a lot of fast food and drinks soda every day.

Jacob
