

2) Complete the following tips to take care of your health with should and shouldn't.

5 TIPS TO A HEALTHIER LIFE

1. When you aren't feeling well you _____ go out.
With the help of a thermometer you _____ check if
you have a temperature, then you _____ call a doctor.



2. When you have a simple cold, you _____ drink
cold drinks. Instead, you _____ drink some hot tea
and lots of water.



3. When you have a cough, you _____ smoke! It will
only make your throat sore.



4. When you go out on an adventure with your friends,
you _____ take some first aid kits with you.

5. If you wear glasses and have headaches. You
_____ ignore it. Instead, you _____ go to the
doctor's. Maybe you need a pair of new glasses.

