

WORKSHEET UNIT 1 LEVEL 3

Complete the sentences about Nancy's morning routine. Use the words in parentheses. Use the correct simple present form of the verb.

1. I never have much time in the morning. (have, never)
2. I _____ a quick shower and wash my hair. (take, always)
3. I _____ fast. (get dressed, usually)
4. My breakfast _____ some fruit and toast. (be, often)
5. I _____ coffee or tea. (drink, rarely)
6. After breakfast, I _____ my teeth. (brush, always)
7. I _____ my apartment at 7:30 A.M. (leave, usually)
8. My hair _____ still wet from the shower. (be, sometimes)
9. I _____ late for the bus. (be, almost never)

LISTENING

A ▶06-14 Listen to the sports show. What topic are the people talking about?

- ☐ famous soccer players
- ☐ gymnastics
- ☐ injuries in sports

B ▶06-15 Listen again. Which injuries are common in soccer? in gymnastics? Check the correct columns.

	Soccer	Gymnastics
Knee injuries	☒	☒
Ankle injuries	☐	☐
Back injuries	☐	☐
Shoulder injuries	☐	☐
Arm injuries	☐	☐
Hand injuries	☐	☐



Jack sprained his ankle. Read the instructions from his doctor. Then complete the sentences. Use *should* or *shouldn't* + the verb in parentheses.

1. Jack should keep
(keep) his ankle up high.
2. His ankle
(be) higher than his chest.
3. He ice on his ankle.
(put)
4. He the ice on his ankle all
(keep) the time.
5. He a video on the medical
(watch) center website.
6. The bandage on his ankle
(stay) for more than 36 hours.
7. He on his sprained ankle.
(walk)
8. He his doctor if he has
(call) questions.

Treating a Sprained Ankle

- Sit or lie down with your ankle up high. Keep it higher than your chest.
- Put ice on your ankle. Keep the ice on for 20 minutes ONLY. Do this every hour of the day.
- Put an elastic bandage around your ankle. Watch the video *How to Wrap Your Sprained Ankle* on the Spring Medical Center website. Keep the bandage on your ankle for 24–36 hours ONLY.
- Don't walk on your sprained ankle.
- Call this office if you have questions.