

Exercise 1: Match the problems with the solutions

1. Acne	A. Wear a hat and use suncream	1.
2. Chapped lips	B. Get enough sleep	2.
3. Sunburn	C. Use lip balm	3.
4. Tired eyes	D. Wash your face and keep clean	4.
5. Flu	E. See a doctor and take care	5.

Exercise 2: Choose the correct answer

- Too much sunlight can cause _____.
A. fresh air B. sunburn C. protein D. energy
- You should not _____ your pimples because it can damage your skin.
A. pop B. wash C. wear D. keep
- Eating too much cheesecake and sweetened food can make you _____.
A. fit B. tired C. put on weight D. active
- A _____ helps protect your skin from the sun.
A. lip balm B. suncream C. soap D. eyedrops
- Dim light can _____ your eyes.
A. affect B. clean C. improve D. protect
- Which word means "mùi nứt nẻ"?
A. dry hair B. chapped lips C. red spot D. acne
- Which food gives your body protein?
A. fish B. soft drink C. cheesecake D. sweetened food
- Which activity is outdoors?
A. cycling B. sleeping C. eating fast food D. watching TV
- Which item protects your skin?
A. suncream B. virus C. disease D. pimple
- I use _____ when my eyes are dry.
A. soap B. eyedrops C. lip balm D. suncream

Exercise 3: Odd one out

- A. running B. cycling C. boating D. cheesecake
- A. tofu B. soybean C. fish D. soft drink
- A. soap B. shampoo C. lip balm D. virus

4. A. acne B. pimple C. red spot D. vitamin
5. A. mask B. hat C. suncream D. disease

Exercise 4: Complete the health advice

avoid eat drink exercise sleep wash wear

1. You should _____ your hands regularly.
2. You should _____ more vegetables and fruit.
3. You should _____ enough water every day.
4. You should _____ a mask in crowded places.
5. You should _____ fast food and sweetened food.
6. You should _____ regularly to stay fit.
7. You should _____ enough every night.

Exercise 5: Put the verbs in brackets into Simple Future Tense:

1. Jack..... to the cinema. go
2. Sandy..... a novel. write
3. I..... a famous singer. become
4. My friends..... an exam next week. have
5. Jane.....to school tomorrow. go
6. In 2100 robots..... the housework. do
7. Dad.....home at 4 o'clock. be
8. Mum..... the clothes. iron

Exercise 6: Circle the correct answers

1. Oh look! It **is going to/ will** snow soon.
2. Next summer I **am going to/ will** backpack around Europe.
3. Ring! Ring! I **am going to/ I'll** answer it.

4. I think our team **is going to/ will** win the match.
5. In 2055 robots **are going to/ will** be our teachers.
6. Tonight we **are going to have/ will** have a birthday party for my brother.
7. Sponge Bob **is going to/ will** work at the Crabby Patty tonight.
8. My friends **are going to/ will** go to the movies tonight.
9. I doubt that he **is going to/ will** pass the English test.
10. He **is going to/ will** study for the test tomorrow.
11. Be careful! You **are going to/ will** drop the dishes.
12. During summer vacation we **are going to/ will** go swimming every day.
13. I'm sure that you **are going to/ will** find your lost ring.
14. **I am going to/ will help** you carry your books.
15. Look out! That dog **is going to/ will** bite you if you get near him.
16. Watch out! You **are going to/will** fall.
17. We **will/ are going to** meet at 8 p.m.
18. My car broke. I **will/am going to fix** it this afternoon.
19. Perhaps, I **will/am going** to go to Spain one day.
20. The phone is ringing. I **will/am going to** get it.