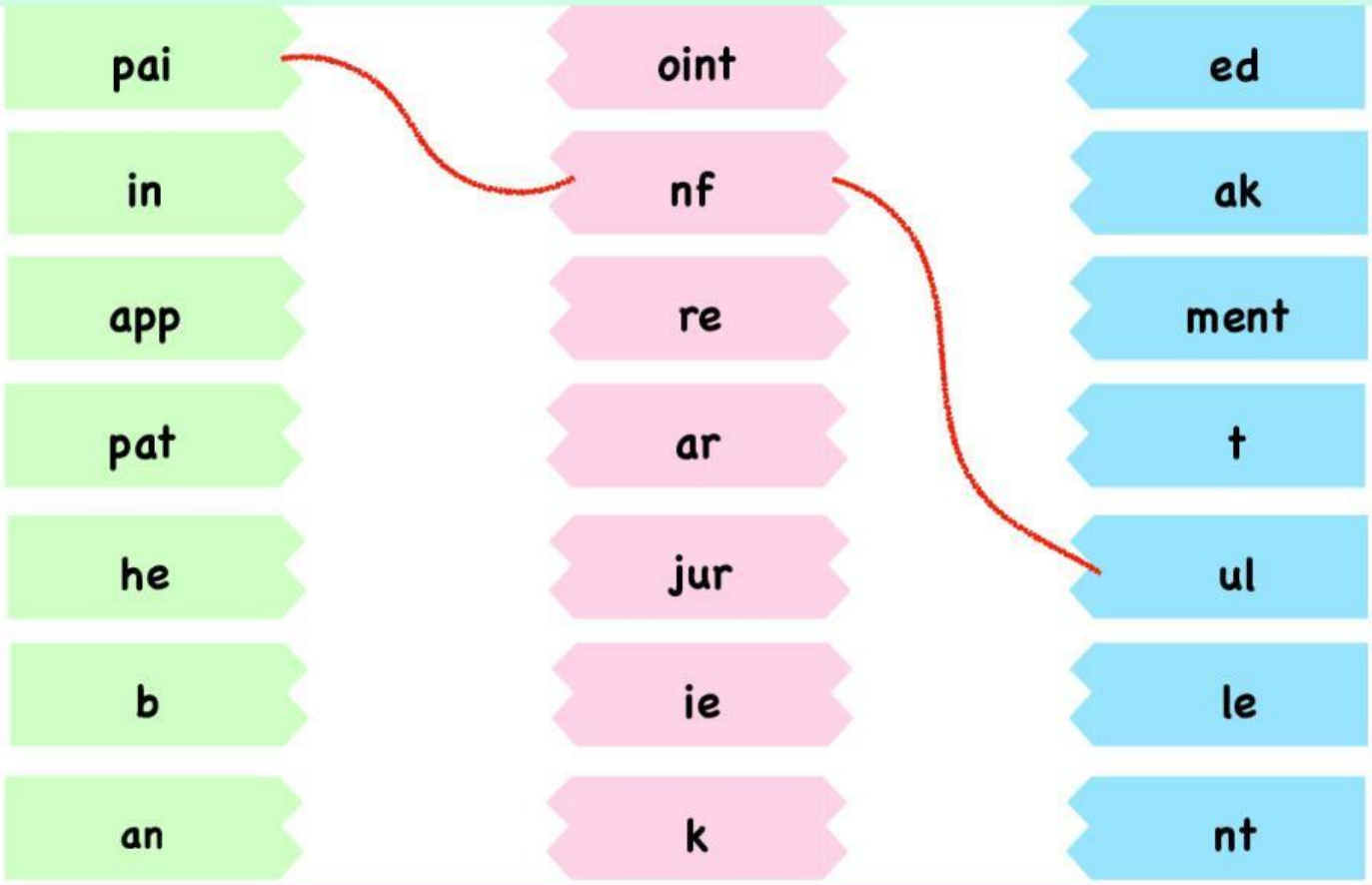
UP English Center

Name: _____

Class: _____

1. Connect, read and write the words.



1. The part of your leg above your foot and below your knee. _____

2. An organ that moves blood around the body. _____

3. Something that hurts a lot. _____

4. A person who sees a doctor because they are ill. _____

5. When a part of your body is hurt. _____

6. You usually book this date with the doctor's secretary. _____

7. This can happen to your bones if you are in a bad accident. _____

LIVEWORKSHEETS

2. Look at the pictures and complete the text with the correct words.



Last week, I was riding my bike and I had an (1)_____ I fell off my bike and injured my arm and my (2)_____ I also (3)_____ my knee on something sharp on the floor.



When I arrived at the (4)_____, a nurse came out to help me. I saw the doctor and he told me that my ankle was OK, but my arm was (5)_____.



They put a cast on my arm and cleaned my knee. It was very (6)_____ but I feel much better this week.









LIVEWORKSHEETS

3. Read and choose 'TRUE' or 'FALSE'? If there is not enough information to answer 'TRUE' or 'FALSE', choose ' Doesn't say'.



Sleep is very important - in fact, it's just as important for your body as eating and exercising. If you don't get enough sleep, then you won't be able to enjoy yourself. Playing with friends, going swimming or even watching videos will not be much fun if you're tired.

People of all ages need sleep, but different people need different amounts. Babies sleep about twice as long as they stay awake. Teenagers need about eight or ten hours a night and older people need less - six or seven hours. But one person may need more than another even if they are both the same age.

Six out of ten children say they are tired during the day, which means they are not getting enough sleep. So how can you get to sleep? A good idea is to write down what you are thinking about before you go to bed. Then, make sure your bedroom is as dark as possible and it isn't too hot or too cold. You can also try counting from 1 to 100 with your eyes closed. Don't drink cola before going to bed and don't do any sport in the evening. Reading an exciting book or watching an adventure film isn't a good idea either!

1. If you're tired, you shouldn't go swimming.	True	False	Doesn't say
2. Babies spend more time sleeping than being awake.	True	False	Doesn't say
3. Not all adults need the same amount of sleep.	True	False	Doesn't say
4. It helps to keep your light on during the night.	True	False	Doesn't say

LIVEWORKSHEETS

5. Remember to turn the heating off in your bedroom before you go to bed.	True	False	Doesn't say
6. You should do some exercise before going to bed.	True	False	Doesn't say
7. Avoid reading stories which will keep you awake.	True	False	Doesn't say

4. Write about a serious accident that happened in your childhood.

1. What happened?
2. How and when did you have that accident?
3. What was your feeling at that time?
4. Did anyone help you with your injuries?
5. What lesson did you learn from the accident?

LIVEWORKSHEETS

LIVEWORKSHEETS