

HEALTH KET EXERCISES 3

Task One. Read the article about sleep. Choose the best word A, B or C.

TEENAGERS AND SLEEP

Teenagers need (1) _____ lot of sleep. As a teenager you should sleep one hour more each day (2) _____ you did when you were younger. Your body grows quickly during these years and this means that you need (3) _____ nine and eleven hours of sleep.

To get (4) _____ sleep, you should usually go to bed before 10:30 p.m. (5) _____ night. It doesn't matter (6) _____ it is a school night or a weekend night. Your body still needs (7) _____ sleep.

Most teenagers only get around six hours' sleep, (8) _____ explains why they find it so difficult to get up early in the morning. When you don't get the sleep you need, you (9) _____ feel unhappy and find it difficult to learn.

Task Two. Read the sentences about a boy who wants to be a doctor someday. Choose the best word.

1. Vincent's _____ lesson at school is science.
2. Last week, Vincent's science teacher _____ to the class what doctors do.
3. Vincent's class now know about different _____ of diseases.
4. Vincent has _____ anatomy charts all over his bedroom walls.
5. Vincent _____ last Saturday morning looking at anatomy books.
6. When Vincent is older he _____ to be a doctor.



Task Three. Read the descriptions of some words about health and the body. What is the word for each one? The first letter is already there.

1. You have to look in the mirror to see this part of your body. f _____
2. This person can help you if you don't feel well. d _____
3. If you have long hair, you need to use this every day. s _____
4. If you eat this fruit once a day you will stay healthy. a _____
5. People use this to wash themselves. s _____
6. People are taken to hospital in this when they are ill. a _____