

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.

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| 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 _____ |