UNIT 2 :

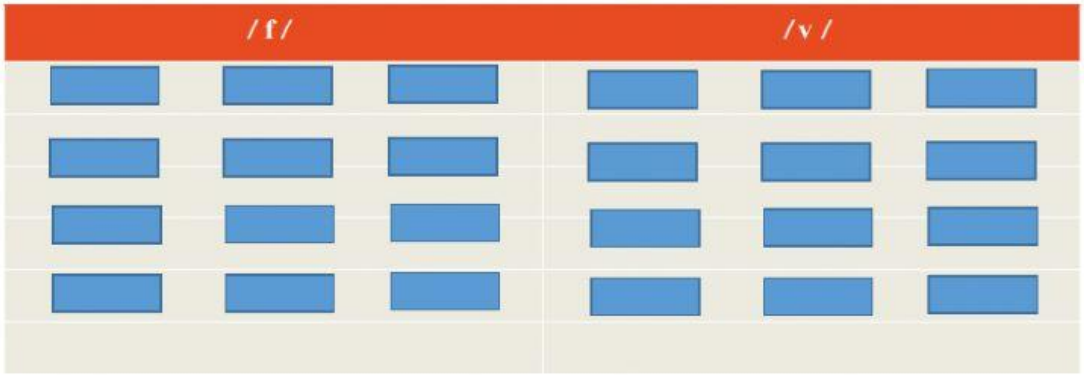
HEALTH

I. Find the word which has a different sound in the part underlined

1.	A. knife	B. of	C. leaf	D. life
2.	A. although	B. enough	C. paragraph	D. cough
3.	A. junk	B. sun	C. put	D. adult
4.	A. headache	B. architect	C. chemical	D. children
5.	A. aerobics	B. calories	C. cycling	D. doctor

II. Put the words into TWO groups (/ f / and / v /)

knife	knives	of	cough	level
leaf	leave	vast	fast	fat
rough	live	life	tough	very
safe	move	save	laugh	enough



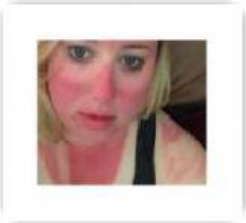
III. Find which word does not belong to each group.

1.	A. sick	B. tired	C. sore	D. fit
2.	A. orange juice	B. fresh milk	C. water	D. soft drinks
3.	A. cough	B. flu	C. sunshine	D. sunburn
4.	A. jogging	B. cycling	C. swimming	D. reading
5.	A. sleep	B. rest	C. relax	D. work
6.	A. singing	B. washing	C. cleaning	D. tidying up

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7.	A. and	B. but	C. so	D. although
8.	A. junk food	B. fruits	C. fish	D. vegetable
9.	A. healthy	B. fit	C. well	D. sick
10.	A. soccer	B. badminton	C. beef	D. basketball

IV. Write the problem below the picture of each patient.



1. _____ 2. _____ 3. _____ 4. _____

V. Choose the best answer (A, B, C or D).

1. Do you believe that eating _____ carrots helps you see at night.
   A. most B. less C. the most D. much more
2. Don't eat that type of fish, you may have a/an _____.
   A. energy B. sick C. sore D. allergy
3. The seafood i ate this morning makes me feel _____ all over.
   A. well B. weak C. itchy D. running
4. We should try to keep everything around us clean and then flu with find it _____ to spread.
   A. difficult B. difficulty C. difficulties D. like
5. The health _____ from that diet expert is that die expert is that you should eat less junk food and count your calories if you are becoming fat.
   A. advices B. ideas C. tip D. tips
6. Be careful with _____ you eat and drink.
   A. who B. what C. that D. this
7. Have a health _____ and you can enjoy your life.
   A. lives B. lifestyle C. lifeline D. lively
8. Eating a lot of junk food may lead to your _____.
   A. fitness B. obesity C. pain D. stomachache
9. We should follow the activities from doctors and health _____ in order to keep fit.
   A. workers B. people C. experts D. managers
10. You can avoid some diseases by _____ yourself clean.

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A. taking B. keeping C. bringing D. looking

11. We should play sports or do exercise in order to stay in _____.
    A. look B. health C. fit D. shape
12. The Japanese eat a lot of fish instead of meat _____ they stay more healthy.
    A. because B. so C. although D. but
13. I forgot to wear a sun hat today and i got a _____.
    A. earache B. backache C. headache D. stomachache
14. We need to spend less time _____ computer games.
    A. play B. to play C. playing D. to playing
15. When you have a temperature, you should drink more water and rest _____.
    A. more B. most C. less D. all
16. Rob eats a lot of fast food and he _____ on a lot of weight.
    A. takes B. spends C. puts D. bring
17. When you have flu, you may have a cough and a _____ nose.
    A. running B. runny C. noisy D. flowing
18. Do more exercises _____ eat more fruits and vegetables.
    A. and B. or C. but D. so
19. Watching too much tv is not good _____ you or your eyes.
    A. at B. for C. with D. to
20. After working on a computers for long hours, you should _____ your eyes and relax.
    A. wake B. rest C. sleep D. sleep in

VI. Complete the sentences with the correct preposition.

flu	toothache	backache	earache
sore throat	cough	stomachache	headache

1. _____: a pain in your stomach.
2. _____: a pain caused by something being wrong with one of your teeth.
3. _____: a very severe pain that you feel in your head.
4. _____: a pain in your back.
5. _____: a health problem that you make a lot of loud sounds.

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6. _____: a pain in your throat.
7. _____: a problem which is like a very bad cold, but which causes a temperature.
8. _____: a pain in the inside part of your ear.

VII. Complete the advice for a healthy lifestyle, using *more* or *less*.



1. Eat_____sweet food.
2. Smoke_____and give it up.
3. Drink_____coffee.
4. Eat_____fast food.
5. Spend_____time on computer games.
6. Drink_____water.
7. Worry_____about things.
8. Relax_____.
9. Get_____exercise.
10. Eat_____fruit and vegetables.

VIII. Complete the sentences with the correct conjunction *(and, or, so, but)*

1. Watch less television_____you can protect your eyes.
2. He has toothache_____he still eats a lot of sweets and cakes.
3. The weather is very cold today_____I should put on a coat.
4. Get up early_____do more exercise.
5. Take up a new hobby_____you'll have some new friends.
6. I have a lot of homework to do this evening_____I don't have time to watch the football match.
7. If you spend less time on computer games _____ television programmes, you will have more time for outdoor activities.
8. Eat less junk food_____eat more fruit and vegetables.

IX. Complete the sentences with the words/ phrases in the box.

stomachache	toothache	sick	hurts	pain
well	cough	temperature	headache	burn

1. I have a_____in my back. I'm going to lie down.
2. Is she_____enough to run two kilometers?

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3. "Oh! Be careful with that coffee." – "Look, now I have a _____ on my arm."
4. "I have a _____." – "That's because you watch too much TV."
5. Don't eat so quickly. You'll get a _____.
6. That's a bad _____. Why don't you have a glass of water?
7. "I have _____." – "Why don't you telephone the dentist?"
8. I feel _____. Quick, I must get to the bathroom!
9. Rob has a _____ of 39°C.
10. My arm _____ after that game of volleyball.

X. Make sentences from the words/ phrases given.

1. We/ keep/ our bodies/ warm/ avoid/ flu/ a cold.

   ✎ .....

2. You/ not/ play/ more/ computer games/ free time.

   ✎ .....

3. Vitamins/ play/ important/ role/ our diet.

   ✎ .....

4. Getting/ enough/ rest/ help/ you/ concentrate/ school.

   ✎ .....

5. Doctor/ asking/ Huy/ questions/ about/ health problems.

   ✎ .....



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