UNIT 2: HEALTH

E. VERB FORMS

I. Put the verbs in brackets in the correct tense form.

1. Nam looks brown. He was on holiday last week. He (**get**)……sunburn.

2. Getting plenty of rest is very good. It (**help**)…….you to avoid depression.

3. The Japanese (**eat**)……..a lot of fish so they are very intelligent.

4. If you wash your hands more, you (**have**)…….less chance of catching flu.

5. Eating carrots regularly (**help**)…….you see better.

6. It is very hot outside. Please (**wear**)……a sun hat when you go out.

7. Do more exercise and you (**feel**)……..healthier.

8. I don't want (**be**)……..tired tomorrow so I go to bed early.

9. Nowadays, I don't feel well. I often (**feel**)…….sick and weak.

10. People who (**smile**)…….more are happier and they live longer.

II. Put the verbs in brackets in the correct tense form.

1. It is important (**eat**)_____ well.

2. It (**be**)_____very cold today. You should wear your warm clothes when you (**go**)_____out to prevent cold.

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3. Do morning exercise every day and you'll (**feel**)_____better.

4. I have a lot of homework to do this evening, so I (**not have**) _____ time to watch

the football match.

5. (**Eat**)_____ junk food and inactivity (**be**)_____ the main causes of obesity.

6. I (**have**)_____a headache and I need to rest more.

7. I (**have**)_____a toothache so I (**have to/ see**)_____ the dentist.

8. I have to take medicines because I (**be**)_____ sick.

9. Japanese (**eat**)_____more fish instead of meat, so they (**stay**)_____more healthy.

10. When you (**have**)_____ a fever, you (**should/ drink**)_____ more water and rest more.

11. A healthy diet (**help**)_____ us feel healthier.

12. Watching TV much (**hurt**)_____your eyes.

III. Give the correct form of the verbs in brackets.

It's wonderful to have a hobby to do for pleasure in your free time. My favorite hobby is gardening. I love watching flowers and eating vegetables, so I (**1. grow**) ..... a lot of plants in my garden. I usually **(2. water)** ..... them in the early mornings. Sometimes my mother also **(3. help)** ..... me care them and my father **(4. take)**..... me to the market to buy seeds. I **often (5.read)** ..... books tounderstand more about gardening. This weekend I **(6.harvest)** ..... carrots and cabbages. Do you know how eager I am? I **(7.give).**..... some of them

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to my grandparents. Also, I **(8.take)**..... photos of them and post on facebook. Let's wait and see!

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