

## 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.

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 to understand more about gardening. This weekend I **(6.harvest)** ..... carrots and cabbages. Do you know how eager I am? I **(7.give)**..... some of them

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