Unit 2: Health

Exercise 1: Read and Complete the sentences

Prepare more	Talk less	Drink more	Study more
Drink less	Talk more	Plant more	Go out more

- _____cakes because many people will come to our party.
- You are so talkative._____ and listen more.
- It is a difficult subject. _____or you may fail.
- Why are you so quiet?_____ Everyone here is friendly.
- _____ pure water and your body will function better.
- _____ with friends and you won't be bored.
- _____ trees to make your neighborhood greener.
- _____ wine or you will have a headache.

Exercise 2: Read and give Health Tips with More/ Less

0. Jim is getting fat. He eats a lot of fast food every day.

Eat less fast food.

1. Your father smokes several cigarettes a day. It is very harmful to his lungs.

_____

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2. Jane stays up too late. She is always sleepy.

_____

3. Maria takes in a lot of sugar every day. She may suffer from diabetes.

_____

4. He spends too much time on computer. He will soon be very short-sighted.

_____

5. Mary likes drinking cold water. She may have sore throat.

_____

6. Your friend always eat raw food. She will have an upset stomach.

_____

7. Louis works too much. He doesn't relax much. He is very weak and tired.

_____

8. Jay always look tired. He doesn't exercise enough.

_____

Exercise 3: Read and choose the correct answer

1. (Spend more/ do more) time doing morning exercises.
2. (Play more/ do more) sports like biking, swimming or yoga.
3. Give up junk food and (eat less/ eat more) food high in fat, salt, and cholesterol.
4. (Take in more/ Eat less) healthy foods like fruits, vegetables, fish or nuts in your daily meals.
5. If you get fat, (eat less/ sleep more) and (exercise more/ sleep less).
6. Don't (take in more/ take in less) calories than you burn.
7. (Spend more/ Spend less) time with family and friends.
8. (Pay more/ Pay less) attention to your health.
9. If you want to be taller, (drink more/ drink less) coca and (take in more/ take in less) calcium.
10. If you want to avoid obesity, (eat more/ take in less) sugar.
11. (Wear less/ Put on more) clothes or you will have the flu.
12. (Go out more/ Go out less) on sunny days to avoid sunburn and skin cancer.

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