NAME:.....

Grade: 7



Unit 2 HEALTH



LIVEWORKSHEETS



Unit 2 HEALTH

A. PHONETICS

Task 1: Find the word which has a different sound in the underlined part.

1.	A. surf	B. roof	C. of	D. father
2.	A. laugh	B. though	C. cough	D. enough
3.	A. machine	B. chemical	C. Christmas	D. backache
4.	A. chin	B. architect	C. mechanic	D. headache
5.	A. rough	B. fast	C. although	D.ferry

B. VOCABULARY AND GRAMMAR

Task 2: Look at the pictures and complete the sentences using the words below.

a running nose	**junk food**
cycles to school	**does morning exercise**



1You shouldn't eat too much …… because it will make you fat.



2 My father …… everyday to keep fit.



3. In cold weather, children easily have ……



4. He …… everyday because it is good for his health.

Task 3: Match the illness with the suitable symptom.

toothache	1. ……	a. you have a high temperature
fever	2. ……	b. a pain in your tooth when you have a cavity in your tooth
sore throat	3. ……	c. you make a loud sound which sometimes affects people around you.
stomachache	4. ……	d. a pain in your stomach.
cough	5. ……	e. a pain in your throat

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Task 4: Complete the following sentences with "more" or "less".

1. Drink ..... waterbut ..... coffee.
2. Eat ..... meat but ..... vegetables.
3. Spendtime ..... on video games.
4. Do ..... exercise.
5. Eat ..... candy.

Task 5: Complete these sentences using "or, and, but, so".

1. If you want to be fit and healthy, you should eat less junk food ..... more vegetables.
2. Which activity is better for us, playing sports ..... watching TV?
3. She wants to stay in shape,..... she does morning exercise everyday.
4. Sports like riding a bicycle ..... running use a lot of calories.
5. The expert says that cycling uses more calories than walking,..... running usesthe most calories of all.

Task 6: Find and correct the mistakes in the following sentences.

1. You should eat more sweets because you may havea toothache. .....
   A B C D
2. It will be good for her if she relaxmore. .....
   A B C D
3. You shouldn'ttake up a sport. It will makeyour health better. .....
   A B C D

Task 7: Choose the best answer A, B, C or D.

1. Eating too much ..... will be harmful for your health.
   A. vegetables B. junk food C. healthy food D. fresh food
2. Do you think that playing outside all day will make you get .....?
   A. a sore throat B. a toothache C. sun burn D. a cold
3. You should be careful with ..... you eat and drink.
   A. what B. who C. why D. when
4. If you eat that strange food, you may get a/an .....
   A. backache B. allergy C. fever D. temperature
5. If you follow a balanced diet, you will have a healthy ..... .
   A. life B. style C. house D. line
6. Eating ..... drinking healthy things will keep you fit.
   A. or B. although C. but D. and
7. He will take part in an event. In this event, he will run, jump..... swim.
   A. and B. but C. though D. or

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8. Don't drink too much milk,..... you will gain your weight.
A. so B. or C. and D. but
9. The doctor advised him to play more sports and ..... computer games.
A. more B. little C. less D. least
10. Your eyes will feel dry if you watch TV ..... read comic books a lot.
A. and B. but C. though D. so
11. To ..... healthy, you need between 1,600 and 2,500 calories.
A. let B. stay C. make D. do
12. I ate too much seafood, so I had a/an ..... yesterday.
A. earache B. backache C. stomachache D. headache
13. We shouldn't spend much time ..... TV and ..... games.
A. watching/play B. to watch/ to play
C. watching/ playing D. to watch/ playing
14. My brother eats a lot of junk food, so he ..... on a lot of weight.
A. turns B. takes C. brings D. puts
15. Eat more vegetable ..... drink less beer and coffee.
A. or B. and B. but D. so

C.READING Task 8: Read the passage and answer the questions.

KEEPING OUR TEETH HEALTHY

It's very important to have healthy teeth. Good teeth help us chew our food. They also help us look nice. How does a tooth go bad? The decay begins in a little crack in the enamel covering of the tooth. This happens after germs and bit of food have collected there. Then the decay slowly spreads inside to the tooth. Eventually, poison goes into the blood, and we may feel quite ill.

How can we keep our teeth healthy? First, we ought to visit the dentist twice a year. He can fill the small holes in our teeth before they destroy the teeth. He can examine our teeth to check that they are growing in the right way.

Secondly, we should brush our teeth with a toothbrush and fluoride toothpaste at least twice a day-once after the breakfast and once before we go to bed. We can also use wooden toothpicks to clean between our teeth after a meal.

Thirdly, we should eat food that is good for our teeth and our body: milk, cheese, fish, brown bread, potatoes, red rice, raw vegetables, and fresh fruits. Chocolates, sweets, biscuits and cakes are bad, especially when we eat them between meals. They are harmful because they stick to our teeth and cause decay.

1 .Good teeth help us ..... our food.
A. be nice B. have good eyesight
C. chew D. be important
2. When food and germs collect in a small crack, our teeth .....
A. become hard B. send poison into the blood
C. begin to decay D. make us feel quite ill

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3. A lot of people visit the dentist only when .....
   A. their teeth grow properly B. they have holes in their teeth
   C. they have toothache C. they have brush their teeth
4. We ought to clean our teeth .....
   A. After breakfast B. before breakfast
   C. before bedtime D. Both B &C
5. We shouldn't eat a lot of .....
   A. red rice B. fresh fruit C. fish D. chocolate

E. LISTENING

Task 9 **Listen again and fill in the gaps with the missing words**

eating habits **overeating** **computer games** **50 percent**
doing exercises **80 percent** **more calories**

Obesity occurs when a person eats (1) ..... than the bodyburns. If one parent is obese, there is a (2) ..... chance that his or her child will also be obese. However, when both parents are obese, their children have (3) ..... an chance of being obese. In addition, more and more teenagers are obese because of their poor (4) ..... or (5) ..... a lot of fast-food. Some are so busy with homework or some are so lazy that they can't spend any time (6) ..... Watching TVs or playing (7) ..... hours and hours are also the reason for their overweight.

F. WRITING

Task 10: **Make compound sentences by using appropriate co-ordinators given below.**

and **but** **so** **or** **for**

1. I have a terrible headache. I want to visit my doctor.

→ .....

2. She felt so tired and sleepy. She couldn't sleep.

→ .....

3. The patient needs a special treatment. Her health condition is getting worse.

→ .....

4. My mother should have a healthy diet. She needs to do regular exercise, too.

→ .....

5. You need to take some pain-killers. You can visit the doctor if you want.

→ .....

The end

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