

3. Put on _____ clothes or you will have the flu.
4. Go out _____ on sunny days to avoid sunburn and skin cancer.
5. Do _____ sports like biking, swimming or yoga.
6. Give up junk food and eat _____ food high in fat, salt, and cholesterol.
7. Spend _____ time with family and friends.
8. Play _____ computer games and study _____.
9. Take _____ vitamin A to strengthen your immune system.
10. Spend _____ time on TV and pay _____ attention to your siblings.

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

1. Rob (have) _____ a headache and he needs to rest more.
2. It is important (eat) _____ well.
3. It (be) _____ very cold today. You should wear your warm clothes when you (go) _____ out to prevent cold.
4. Doing morning exercise every day and you (feel) _____ better.
5. I have a lot of homework to do this evening, so I (not have) _____ time to watch the football match.

TEST 4

I. Combine the pairs of sentences to form compound sentences. Use "and, or, but, or so".

1. You should try to eat less _____ you should get more exercise.
2. Pat's health is poor _____ she should retire.
3. Lucy wants to keep fit and look beautiful _____ she doesn't like sport or exercise.
4. Playing sport is good for our health _____ it is also fun.
5. I am very thirsty _____ I don't have any money to buy drinks.
6. The entrance test is very difficult _____ I hope I will pass it.
7. You go home now _____ your mother will punish you for staying out too late.
8. Fruits taste good _____ they are healthy for your body.
9. The food was terrible _____ the weather was awful, too.
10. Stop eating raw food _____ you will have stomachache.

II. Use the cues given to make sentences.

1. Alex/ like/ play/ online game/ with/ friends.
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2. I/ love/ chat/ my friends/ online/ but/I / hate/ write/ emails.
.....
3. You/ shouldn't/ eat/ too many/ oily food/ chips.
.....
4. If/ you/ put on/ weight/ quickly/ you/ eat/ less/ eat/ healthy.
.....
5. Play/ sports/ after work/ help/ you/ relax/ better.
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TEST 5

I. Put the verbs in brackets in the correct verb tense: the Present Perfect or Past Simple.

1. Last week, my mother (take) _____ me to the zoo.
2. When we (arrive) _____ at the party, there (not be) _____ many people there.
3. My mother (say) _____ that she (buy) _____ me a new dress.
4. My family (move) _____ to Hanoi in 2000.