



1. Write the words.

feel sick calcium take medicine sardine energy fit

1 This can happen if you eat too many sweets. **feel sick**

2 You sometimes do this if you feel ill.

3 Playing sports will help you to be this.

4 Milk contains Lots of this.

5 Taking regular exercise will give you more of this.

6 Eating this fish is good for your bones.

2. Choose the correct words.

0. Jenny has a sore throat. She **couldn't / should / shouldn't** take some medicine.

1 Max had a headache. He **shouldn't / could / should** do his homework.

2 I feel healthy. I **can / couldn't / shouldn't** play outside.

3 Mum had an earache. She **should / shouldn't / couldn't** hear anything.

4 I've got a stomach ache. I **shouldn't / should / couldn't** go to bed.

5 I feel sick. I **shouldn't / could / should** eat anything.

3. Read and write T (true) or F (false).

I eat lots of fruit and vegetables to stay healthy. I also drink lots of milk because it keeps my bones and teeth strong. I don't like water very much and Mum says I should drink more. I am trying! I only have fizzy drinks twice a week now because they are bad for your teeth. Doing sport is also good for you and I go swimming every week. I also ride my bike in the park at weekends.

1. This girl is healthy. ☐
2. This girl eats food that is good for her. ☐
3. This girl should drink more water. ☐
4. This girl drinks Lots of fizzy drinks. ☐
5. This girl never does any exercise. ☐

4. Write the words

<i>desert</i>	<i>mouse</i>	<i>sugar</i>	<i>websites</i>
<i>village</i>	<i>crisps</i>	<i>medicine</i>	<i>rainforest</i>

0. You can see these on the Internet. **websites**
1. Take this when you feel ill.
2. People live here. It's smaller than a town.
3. Click on a website with this.
4. This place is very hot and full of sand.
5. These are nice to eat, but not healthy.
6. There are lots of trees here. It's hot and wet.
7. Some people put this in their coffee.