

Health and body care

Task 1 What's the matter with these people? Look at the pictures and write the names of the illnesses.

















Task 2 Put *must*, *mustn't*, *should*, *shouldn't* into the sentences. Then write your own four sentences using these words.

- 1 You have got a cold. You _____ stay in bed!
- 2 You _____ eat too many sweets or your stomach will hurt.
- 3 You _____ drink a lot of water.
- 4 You have got flu. You _____ go outside!

Task 3 Complete the sentences with the words below.

paper tissues, healthy, flu, runny nose, hanky, stomach, bad tooth, towel, medicine, fit, care

- 1 Take _____ of your teeth — you don't want a _____, do you?
- 2 Tom has got _____, so he is staying in bed today.
- 3 I have got a _____. Can you give me some _____, please?
- 4 Bella needs a _____. She has got a cold.

- 5 You are ill. I will give you some _____.
- 6 Jim is so wet! Give him a _____.
- 7 Do sport and you will be _____.
- 8 Eat _____ food and you won't have a
_____ ache.

Reading

Task 5 Read the letter from Lucy and then put T (true) or F (false) next to the sentences.

GOOD DOCTOR

Mrs Johnson is a very good doctor. She has many patients. I had a cold and a sore throat last week. My sister had a bad cough and we both had a temperature. Our parents called Mrs Johnson and she came to see us. She gave us some medicine and told us not to go to school and stay in bed for a few days. We did so and now my sister and I feel great. Mrs Johnson also gave us a magazine – "Healthy Life". I read there that it is good to do sport and eat a lot of fruit and vegetables. So, I joined a swimming club and my sister went to a volleyball club. We do exercises in the morning, like rolling, stretching our arms and touching our feet. We also eat many salads and drink a lot of water. You should do so, too. That way you will not get ill!

- 1 Mrs Johnson is a very good dentist. _____
- 2 Lucy had a sore throat. _____
- 3 Her sister had a bad cough. _____
- 4 Lucy and her sister both had a headache. _____
- 5 Lucy's grandparents called Mrs Johnson. _____
- 6 Mrs Johnson gave the girls some medicine. _____
- 7 She told Lucy and her sister to go outside
and do some sport. _____
- 8 The magazine is called "Healthy Life". _____
- 9 Lucy reads that it is good to do sport
and eat fruit and vegetables. _____
- 10 Lucy joined a volleyball club
and her sister went to a swimming club. _____
- 11 The girls roll, stretch their arms
and touch their feet in the morning. _____
- 12 They don't eat many salads
or drink a lot of water. _____