UNIT 2: HEALTHY LIVING

GRAMMAR

Task 1.1 Put the verbs in brackets in the correct tense form.

1. Nam looks brown. He was on holiday last week. He (**get**)……sunburn.

2. Getting plenty of rest is very good. It (**help**)……you to avoid depression.

3. The Japanese (**eat**)……a lot of fish so they are very intelligent.

4. If you wash your hands more, you (**have**)……less chance of catching flu.

5. Eating carrots regularly (**help**) ……you see better.

6. It is very hot outside. Please (**wear**)……a sun hat when you go out.

LIVEWORKSHEETS

7. Do more exercise and you (**feel**).....healthier.

8. I don't want (**be**)..... tired tomorrow so I go to bed early.

9. Nowadays, I don't feel well. I often (**feel**)..... sick and weak.

10. People who (**smile**)..... more are happier and they live longer.

11. It is important (**eat**)_____ well.

LIVEWORKSHEETS