

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.

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.