UNIT 2 HEALTH

A. PHONETICS

I. Underline the sound /f/ and circle the sound /v/.

fun	fine	coffee	over	graph
phone	brave	verb	stuff	clever
enough	laughing	leaf	leave	vat
view	few	valley	save	valve

II. Say the sentences out loud. Then write the words with the sound /f/ and /v/ in the table.

1. I feel so bad. Maybe I should take a rest for some minutes.
2. His wife is laughing at the picture of the knight on the floor.
3. Living our life and holding our fate.
4. Which is the best movie in *Fast and Furious* series?
5. The invitation cards are beautiful and creative.
6. What animals have the rough skin? - Elephants, frogs, etc.

/f/	/v/
_____	_____
_____	_____
_____	_____

B. VOCABULARY AND GRAMMAR

I. Match the common health problem with its definition.

1. flu	a. a common illness that affects the nose and/or throat, making you cough, sneeze, etc.
2. allergy	b. an abnormally high body temperature
3. cold	c. a medical condition that makes you become ill or get a rash when you eat, smell, or touch something
4. sunburn	d. the pain in the middle or inner ear
5. obesity	e. the condition of having painful red skin that is caused by staying in the sun for too long
6. earache	f. the pain in a tooth or teeth
7 toothache	g. the condition of being fat or overweight
8. fever	h. a very bad cold caused by a virus that causes fever, pains and weakness

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II. Fill in the blanks with the health problems in part I.

1. She feels very weak, has a high fever and her muscles hurt. She has_____.
2. He eats lots of junk food and be overweight._____is his problem.
3. She went outside all day long without wearing a hat. Now her skin turns red and hurts. She has got_____.
4. I think I 'm getting a_____. I 've got a sore throat and a runny nose.
5. Mark had lobster for dinner, and now his skin becomes covered with red marks. Hesays he has a shellfish .
6. If you 've got_____, go and see a dentist.
7. His body is too hot and soaked in sweat, but he feels very cold. I think he has a_____.
8. My sister feels pain in her ear. She has_____.

III. Complete the sentences with the correct form of the verb *have* or *feel*. Add *a* or *an* where necessary.

1. I_____flu. I_____tired and weak.
2. Jane_____sick, so she stays at home today.
3. Maybe she_____fever. Her face is red and she tells me that she_____very hot.
4. I_____terrible headache yesterday, but I_____better now.
5. What 's wrong with Sarah? Does she_____toothache?

   Have you ever_____allergy to seafood? Yes, I_____ill when I ate some lobsters two months ago.
6. My friend_____sunburn after a day at the beach. Her skin becomes red and sore.
7. I_____itchy and I_____runny nose. Do I_____cold?

IV. Put the words into the correct column.

flu, playing sports, cough, walking, sore throat, watching TV fever, gardening, allergy, swimming, runny nose, doing aerobics, headache, exercising, sneezing, cycling, red skin, relaxing, stomachache, sleeping

Illnesses and symptoms	Activities

V. Underline the correct words.

1. Your eyes look very tired. Let your eyes rest *more / less* and watch more / *less* TV.
2. If you want to stay in shape, eat *more / less* healthy food like fruits, vegetables or fish.
3. Drink *more / less* water when you have a high fever.
4. If you want to lose weight, eat *more / less* junk food.
5. Sunbathe *more / less* to avoid getting sunburnt.

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6. The popular thing to lose weight is "eat *more / less* and exercise *more / less*".
7. Stay outdoors and do *more / less* physical activities. You will be more healthy.
8. Spend *more / less* time in front of screens, such as the phone, TV or computer. It 's not good foryour eyes.

VI. Complete the imperatives with *more* or *less*, using the verbs in the box.

play	drink	eat	read	sleep	spend	watch	do

1. _____video games or your eyes will be hurt.
2. _____fruit, vegetables or nuts because they are healthy.
3. _____if you want to be more active.
4. If you want to improve your knowledge,_____books.
5. _____TV because too much TV is really bad for your eyes.
6. If you 're outside on a hot day,_____water.
7. _____exercise, and you will feel fitter and healthier.
8. _____time on social media, so you can focus on your tasks.

VII. Fill in the text with the words in the box. You can use one word more than once.

much	many	more	little	less

It 's important for people to eat as (1)_____as they need to give them energy. Ifthey eat too (2)_____food or the wrong food they won 't have enough energy. If they eat too (3)_____, they will need to make (4)_____exercise; otherwise they will put on weight.

Fat is very high in calories, and has been linked with heart disease. (5)_____experts believe that eating (6)_____fat would help to reduce heart disease. Sugar isn 't good for theenergy balance. There 's no doubt that too (7)_____sugar makes you fat and it is not good for your teeth either.

On the other hand, fibre that is found in cereals, fruits and vegetables is an important part of a healthy balanced diet. One of the simplest ways of eating (8)_____fibre is to eat (9) _____ bread. It 's a good, cheap source of fibre and nutrients without too (10)_____calories. Potatoes are good, too.

So to keep healthy, eat (11)_____fatty food, sweets, chocolate, cakes, jam and eat (12) _____bread, potatoes, pasta, fresh fruit and vegetables.

VIII. Fill in the blanks with *and,so, but, or*.

1. We stayed at home_____watched a film.
2. I want to buy a new car,_____I don 't have enough money.
3. She had a terrible headache last night,_____she couldn 't go out.
4. I eat cake,_____I never eat biscuits; I don 't like them.
5. Would you like cake_____biscuits with your coffee?
6. My job is very interesting,_____it doesn 't pay very well.
7. We can go by bus,_____we can walk.
8. My classmate studies very hard,_____she always gets good marks.

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9. You had better hurry up,_____you 'll be late for work.
10. The Japanese eat healthily,_____they have high life expectancy.

IX. Join each pair of sentences by using a suitable conjunction: *and, but, or, so*.

1. The bus stopped. The man got off.

_____

2. Junk food tastes so good. It is bad for your health.

_____

3. You should eat less junk food. You will put on weight.

_____

4. He is a vegetarian. He doesn 't eat any meat.

_____

5. Would you like meat for lunch? Would you like vegetables for lunch?

_____

6. Susan went to the park. She had a ride on the swing.

_____

7. I love fruit. I am allergic to strawberries.

_____

8. There was a heavy rain. The roads were flooded.

_____

X. Match the two parts of the sentence.

1. The doctor advises him to relax more,	a. so he ate all the cakes.
2. The Americans love steak,	b. but I prefers coffee.
3. Burgers are very tasty,	c. or he will be sick.
4. My father likes tea,	d. or you'll spoil the surprise.
5. He was very hungry,	e. because he had a toothache.
6. Sam went to the dentist 's,	f. and they love hamburgers, too.
7. We wanted to go to the cinema	g. although they are not very healthy.
8. Don 't tell Mary about her birthday party,	h. but there weren 't any seats left.

1._____;2._____;3._____;4._____; 5._____;6._____; 7._____; 8. _____

XI. Fill in each blank with a suitable preposition.

1. Would you like to go out? - No, thanks. I 'd rather stay_____home.
2. If you 're going to watch the football, you can count me_____. I don't like football.
3. I've put_____2kg in the last month.
4. The Japanese eat healthily, so they live_____a long time.
5. Sitting too close_____the TV hurts your eyes.
6. Be careful_____what you eat and drink.
7. She runs six miles every day to help keep herself_____shape.
8. Watching TV too much isn't good_____your eyes.

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C. SPEAKING

I. Complete the conversation, using the phrases or sentences in the box.

what are the best foods to eat?	can I drink it sometimes?
it's bad for your teeth and health.	what should I avoid?
how to stay healthy?	what else is important?

Tom: Can you give me some suggestions on (1) _____

Doctor: Well, first of all, you need to make sure that you eat the right foods.

Tom: (2)_____

Doctor: You should eat fresh fruits, vegetables, and whole grains.

Tom: (3)_____

Doctor: You need to avoid highly fatty and greasy foods.

Tom: (4)_____

Doctor: You need to get plenty of exercise every day.

Tom: How about soda? (5)_____

Doctor: It's okay to drink soda once in a while, but never overdo it. (6) _____

II. Match the health problems with the correct advice.

1. I have spots on my face.	a. You should go to your dentist.
2. I get sunburnt.	b. Eat less junk food and do more exercise.
3. I've got flu.	c. You shouldn't drink cold drinks.
4. I'm putting on weight.	d. Apply an aloe vera lotion and drink lots of water.
5. I have a toothache. My tooth hurts.	e. Spend less time in front of screens.
6. I have a sore throat.	f. Stay at home and have a rest
7. My eyes are sore and tired.	g. Wash your face regularly.

III. Put the dialogue into the correct order.

____ My father gave me some painkillers.

_1_ Hi. What 's the matter with you?

____ A horrible headache? Has anything hit you in the head lately?

____ If you are still hurts, you should see the doctor.

____ Oh! Did you take any medicines?

____ I had a horrible headache last week.

____ My head hit a door few days ago.

D. READING

I. Fill in each blank with a word from the box.

put	home-cooked	vitamins	weight	growing	unhealthy	like	diet

Good nutrition is especially important for (1)_____teenagers. Unfortunately many teenagers have an unbalanced (2)_____. They buy (3)_____ takeaway food every

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day or even a few times a day. If you eat fast food regularly, you are more likely to (4) _____on weight than if you eat fast food only occasionally. About nine in ten teenagers eat junk food every day. This might be fizzy drinks and snacks (5)_____potato chips. Compared to (6)_____food, junk food is almost always: higher in fat, particularly saturated fat; higher in salt; higher in sugar; lower in fibre; lower in nutrients, such as (7) _____and minerals.

Junk food is poor fuel for your body. A poor diet can cause (8)_____ gain, high blood pressure, fatigue and concentration problems.

II. Read the text, then decide whether the following statements are true (T) or false (F).

These are some easy habits that help you stay healthy and live longer.

Go for a jog

Exercise is key to good health. Aerobic activity, like running, is crucial for getting your blood pumping and your heart working. A recent study showed that people who run have 25 to 40 per cent reduced risk of early death, and live about three years longer.

Get more sun - but not too much

The "sunshine vitamin" – vitamin D, that is – has been shown to fight to disease, improve bone health, and prevent depression. Concerns over skin cancer are well-founded, and sunblock is generally a good idea. But getting 15 to 30 minutes of sun exposure a day should be adequate for vitamin D production.

Stress less

The impact of stress on our overall health is huge, so reducing stress is one way to lower our risk of many deadly diseases.

Eat more fruits and veggies

If you want to live longer, eat more fruits and vegetables. The vitamins, minerals, and most importantly, the fibre help control satiety so you do not need to eat much of the animal foods. High fibre diets promote lower cholesterol levels, and reduce the risk of heart disease and cancers such as colon cancer.

1. One of the most important things you can do to stay healthy is to exercise.
2. Vitamin D comes from the sun.
3. Getting too much sun can be harmful.
4. Stress doesn't impact on your health.
5. Fruits and vegetables contain vitamins, minerals and fibre.
6. A high fibre diet can cause heart disease and colon cancer.

E. WRITING

I. Arrange the words to make sentences.

1. cold/ I/ sore throat/ love/ a/ drinks/ but/ have/ I.

_____

2. Jim/ overweight/ so/ eats/ is/ fast food/ too much/ he.

_____

3. too much/ bad/ television/ watching/ for/ health/ your/ is?

_____

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4. the flu/ should/ you/ a cold/ if/ have/ or/ you/ home/ stay.

_____

5. Alex/ usually/ fishing/ so/ loves/ goes/ in/ near/ he/ his house/ fishing/ the lake.

_____

6. you/ some/ clean/ yourself/ avoid/ diseases/ by/ can/ keeping.

_____

II. Write the second sentence so that it has the same meaning to the first one.

1. Sue started to eat a low carb diet two years ago.

→ Sue has _____

2. Could you take me to the airport Friday morning?

→ Would you mind _____

3. How about going to the movies tonight?

→ Let's _____

4. July stayed home from school yesterday because she had a high fever.

→ July had a high fever, _____

5. She eats fruits and veggies every day, but she keeps gaining weight.

→ Although _____

6. Mark 's gained 5 kilos since he quit smoking.

→ Mark 's put_____

7. Joana doesn't eat much in order not to be overweight.

→ Joana doesn't eat much because _____

8. It's a good idea to do exercise regularly.

→ You _____

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