Unit 2 – Health

GRAMMAR

I. Put the correct imperative in six health tips.

Do more exercise!	Sleep more!
Eat less junk food.	Wash your hands more.
Watch less TV.	Spend less time playing computer games.

Staying in shape is our most important tip. You can play football, or even go for long walks. It's OK, but make sure it's three times a week or more! 1. _____	Getting plenty of rest is really important! It helps you to avoid depression and it helps you to concentrate at school. You'll also be fresher in the mornings! 2. _____	You are what you eat! So, make sure it's healthy food like fruits and vegetables, not junk food. It can help you to avoid obesity too. 3. _____
It's so easy to get flu. We should all try to keep clean more. Then flu will find it harder to spread! 4. _____	There are some great things to watch. But too much isn't good for you or your eyes. 5. _____	Many of us love computer games, but we should spend less time playing them. Limit your time to just one hour, two or three days a week, or less. 6. _____

II. Choose the correct answer.

1. _____ too many sweets.
   A. Don't eat B. No eat C. No eating
2. _____ sad. Everything will be fine.
   A. Not being B. Don't be C. Don't being
3. _____ it. It's fragile.
   A. Not touch B. No touch C. Don't touch
4. _____ that photo on the wall over there.
   A. Put B. Putting C. Not put
5. Please _____ your name here.
   A. writing B. write C. wrote
6. _____ your hand before talking.
   A. Raised B. Raising C. Raise
7. _____ straight ahead until you reach an intersection.
   A. Go B. Going C. Went
8. At the intersection, _____ left. Go through that intersection.
   A. don't turning B. don't turn C. don't be turned
9. I don't want anybody to know this. _____ others, please.
   A. No telling B. Do tell C. Don't tell

LIVEWORKSHEETS

10. _____ late for the lessons again.

A. Do be B. Don't be C. Not be

III. Fill in the blanks with 'more' or 'less' to complete the following health tips.

1. Drink _____ water because it is very essential for your body.
2. Sit _____ in front of the TV or a computer if you don't want your eyes to be hurt.
3. Eat _____ healthy foods like fruits, vegetables or fish. You will stay in shape.
4. Exercise _____, and count calories when eating. This can help you lose weight.
5. Eat _____ high-fat food to avoid obesity.
6. Stay outdoors more and do _____ physical activities. You will be healthier and more active.
7. Spend _____ time playing computer games.
8. Sunbathe _____ to avoid sunburn.
9. Take _____ public transportation. You can save a lot.

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