

UNIT 2: HEALTH

Lesson 1

I. Look at the words in the box and write the suitable word for each picture.

get some sleep eat fruit and vegetables eat fast food drink soda healthy unhealthy



1.



2.



3.



4.

5.

6.

II. Fill in the blanks with words in the box to complete the sentences.

fruit soda sleep fast food unhealthy healthy vegetables

1. My mom usually gives me an apple or oranges for snacking. She wants me to eat more _____.
2. It's a good idea to eat _____ like carrots and onions, with meat and fish.
3. My brother is unhealthy because he eats too much _____.
4. _____ drinks such as cola has a lot of sugar.
5. I try to get at least eight hours of _____ every night.
6. You should do more exercise to stay _____.
7. Hannah's eating habits is _____. She has sweets and soda drinks with every meal.

III. Choose the suitable word to complete the sentences.

1. I don't eat **any**/**some** fast food.

2. We should drink **any/ some** fruit juice now.
3. She doesn't do **any/ some** exercise today.
4. My brother can play **any/ some** sports such as: soccer, volleyball, badminton, table tennis...
5. She does **many/ a little** exercise in the morning.
6. How **much/ any** fruit do you eat every day?
7. We should drink **lots of/ much** water every day.
8. My daughter doesn't watch **much/ many** TV every day.
9. Tommy doesn't eat **any/ a little** salad every day.
10. How **much/** many beer does your father drink every week?

Lesson 2

I. Look at the words/ phrases in the box and write the suitable word for each picture.

feel weak	have a sore throat	get some rest	take vitamins
have a fever	take medicine	stay up late	keep warm

have a stomachache



II. Fill in the blanks using the words in the box from exercise I.

1. I have no energy and can't do any work. I feel _____.
2. I feel very hot and sick. I think I have a _____.
3. The doctor told me to _____ after eating, three times a day.
4. If you eat a healthy diet, you don't need to _____.
5. You should wear a thick jacket and scarf to _____ in winter.
6. I have a cough and a _____. It hurts when I drink.
7. Many teens _____ to do homework or watch TV. That's bad for their health because they won't get enough sleep.
8. You look tired. You should _____.
9. My little daughter ate some strange seafood at the restaurant yesterday. So she _____ now.

III. Use **should/ shouldn't to complete the sentences.**

1. She has a toothache. She **should/ shouldn't** eat so much candy.
2. I have a headache. I **should/ shouldn't** take some medicine.
3. Mary wants to lose weight. She **should/ shouldn't** eat junk food more.
4. What **should** I do to lose weight? - You **should/ shouldn't** eat more fruit and vegetables.
5. You look very tired. You **should/ shouldn't** get some rest.
6. Linda has a stomachache. - She **should/ shouldn't** drink so much soda.
7. I feel tired. You **should/ shouldn't** take a rest and sleep enough.
8. I have a sore eye. You **should/ shouldn't** play a lot of video games.
9. I am putting on weight. You **should/ shouldn't** do more exercise.
10. This food contains a lot of fat and sugar. You **should/ shouldn't** eat too much.