

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
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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
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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

1. 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			

		
1.	2.	3.
		
4.	5.	6.
		
7.	8.	9.

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.