

EXERCISE 4

Complete the sentences using *should* or *shouldn't* / *should not* and one verb from the box.

drink	eat	get	play	ride	watch
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A: Did you see that programme last night about how to stay healthy? I learnt so much.

B: Really? I didn't see it. Did you think it was interesting?

A: Yes, it had lots of useful suggestions. Do you know we _____ five glasses of water a day? I never normally have that much but I'll try from now on.

B: That's a good idea. I always think I _____ more sleep. Did it mention anything about sleep?

A: Yes, it said we should sleep for at least eight hours, however, it's not always possible.

B: I only sleep for about seven hours, so I think I should go to bed earlier.

A: Yes, it will give you more energy. The other thing it warned against was watching too much TV. It said we _____ more than two to three hours a day.

B: Did it mention what activities are good for you?

A: Well, any exercise is good. You _____ sport at school if you like it. If not, you _____ a bicycle or walk to school instead of going by bus or car.

B: What about food? Did it give any advice about healthy eating?

A: Yes, and I think this was the most important piece of advice. We _____ fast food more than once a week and make sure we eat at least five pieces of fruit and vegetables a day.