

Staying healthy



1 Underline the correct word in each sentence.

- 1 I can't see! There is something wrong with my left *ear* / *eye*.
- 2 I couldn't wash because there wasn't any *soap* / *soup*.
- 3 The doctor told me that I have to *have* / *do* an operation.
- 4 These shoes are too small for me. I've got wide *feet* / *legs*.
- 5 I didn't go to school because I had *cold* / *a cold*.
- 6 Mary decided to *do* / *have* a hot bath.
- 7 Peter is *ill* / *bad* and has gone to the doctor's.
- 8 Don't forget to *wash* / *clean* your hands!

2 Choose the most suitable word or phrase for each space.

- 1 I've got a ~~flu~~ in my leg.
A hurt B pain C damage
- 2 Tom was very ill, and had to go to
A hospital B medicine C doctor
- 3 George broke his leg in a/an
A chance B problem C accident
- 4 Kate had a of 41°C.
A temperature B heat C thermometer
- 5 Ellen stayed at home because she didn't feel very
A ill B well C better
- 6 Little Jimmy was crying because he had a/an
A ill ear B earache C ear pain
- 7 The doctor didn't expect his poor to pay a lot.
A patients B customers C users
- 8 When Michael, everyone said, 'Bless you!'
A hurt B fell C sneezed
- 9 You should put a on that cut.
A bleeding B wound C plaster
- 10 Peter has decided to give up
A smoke B smoking C smoker

VOCABULARY 13 STAYING HEALTHY

3 Complete each sentence. Use a word from the box.

bleeding broken dangerous fit healthy injured sore well

- 1 A healthy diet includes lots of fruit and vegetables.
- 2 John is very ill and won't come to school until he is
- 3 Helen's leg was so the doctor put it in plaster for a month.
- 4 It is to take more than four of these tablets in 24 hours.
- 5 George has cut his hand and it's
- 6 David keeps by doing exercises in the gym twice a week.
- 7 Edward walked all day in his new boots, and now his feet are
- 8 The bus crashed into a tree, but luckily nobody was

4 Match a word from the box to each picture (1-8).

headache sore throat back ache broken arm
stomach ache cold fever dizzy



- | | |
|--------------------|---------|
| 1 <u>back ache</u> | 5 |
| 2 | 6 |
| 3 | 7 |
| 4 | 8 |

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GRAMMAR

Past habits: *used to* *I used to play tennis.*

We use *used to* when we describe a situation or habit in the past. We often contrast the past with the present.

I used to drink coffee every morning, but now I drink tea.

Statements

I used to play tennis.

I used to play he used to play we used to play, etc.

Negatives

Sheila didn't use to play basketball.

I didn't use to play she didn't use to play we didn't use to play, etc.

Questions

Did they use to play football?

Did he use to play? Did you use to play? Did they use to play? etc.

- We can use *used to* with *be*, *have* and with verbs generally in present simple such as *like*, *own* etc.
Harry used to be the captain of the team.
I used to like folk music, but I don't like it any more.
- There is no present form of *used to*.
I used to work in London, but now I work in Manchester.
- The past simple is also possible in these examples, but *used to* is more common.
I had a motorbike when I was younger.
I played tennis, but now I play football.

GRAMMAR 14 PAST HABITS: USED TO

1 Look at the pictures and complete the sentences.



1 David



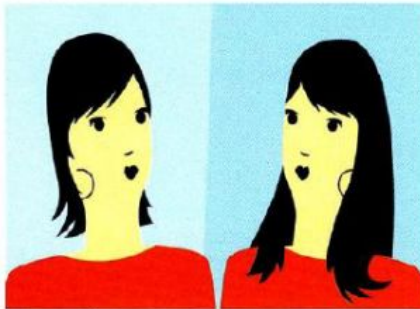
2 Anna



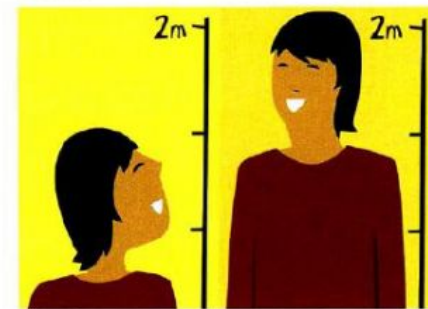
3 Nick



4 Kate



5 Carol



6 Jack

1 David / like ice cream / hate it *David used to like ice cream, but now he hates it.*

2 Anna / live in the country / in the city

3 Nick / walk to school / ride a bike

4 Kate / get up late / early

5 Carol / have short hair / long hair

6 Jack / be short / tall

Now, let's write a bit!

Write a paragraph about your habits in the past in connection to staying healthy, using *used to* and *didn't use to*. Then, write about what you do now for your health, using the Present Simple for habits and routines.

For example: In the past, I *didn't use to wash my hands* when I came back from the supermarket, but *now I always do that* because of Coronavirus.