Assignment

1. Complete the text with the words below

PAINS - FIT - LIFE – KID - HEALTH - HEALTHY – SLEEP - COLD – EXERCISE – DOCTOR

I never used to worry about my 1. _____ until recently. When I was a 2. _____, I did a lot of 3. _____. Even in my twenties and thirties I was very 4. _____ - always in the best of health. I rarely get even a 5. _____. I suppose time catches up with you. Now I seem to be getting 6. _____. I should go to the 7. _____ for a checkup but I am too busy!

The older you get, the more you worry about your health. One good thing is that I'm eating 8. _____ food now. I no longer have fast food and midnight snacks. I also 9. _____ a lot more. I've read that getting seven or eight hours of sleep every night is one of the best things you can do for your 10. _____.

2. Complete the pieces of advice using conditional sentences (type 0)

1. If you _____ (feel) ill, you _____ (should/see) a doctor.
2. If you _____ (want) to be healthy, _____ (exercise) regularly.
3. _____ (take) a break if you _____ (feel) stressed.

3. *Choose the correct option to complete the sentences using conditional sentences (types 1 and 2)*

1. If you _____ me, I _____ a bruise.

Hit	would get
Hitted	would have
Hot	will get

2. Unless Melissa _____ in bed, she _____better.

Stayed	would have felt
Stay	wouldn't feel
Stays	won't feel

3. If I _____ a dog with a broken leg, I _____ to help it.

Saw	would try
See	won't try
Seen	wouldn't try