

**FILL IN THE BLANKS WITH THE RIGHT FORM OF THE VERB IN BRACKETS EITHER INFINITIVE
OR GERUND.**

Dad must give up _____ unhealthy food. He is getting a bit overweight. (EAT)

We couldn't avoid _____ into him on our way to town. (BUMP)

I'm fed up with _____ my little brother to school every day. He is old enough _____ alone. (TAKE, GO)

I stopped _____ lunch in the school cafeteria because it didn't taste good anymore. (HAVE)

Mom, I'm tired of _____ the same things all the time. Can't you make something different for a change? (EAT)

I would like _____ a picnic next weekend (HAVE)

Remember _____ your medicine (TAKE)

I tried _____ on a diet, but I didn't lose any weight. (GO)

I'm so bad at _____ people's names. (REMEMBER)

I decided _____ to your advice. (LISTEN)

FILL IN THE BLANKS WITH THE CORRECT WORD

To smoke	Must not	Must
Should	Smoking	Might (X2)

There are several considerations a pregnant woman _____ take into account. A woman does not have _____ during pregnancy since it is really bad for babies' health. When a woman smokes, she inhales over 4,000 chemicals from the cigarette. One of these is a dangerous chemical is called carbon monoxide. CO₂ gets into bloodstream and replaces some of the oxygen present in blood. This means that babies cannot get enough oxygen which is essential for their healthy growth and development, and because cigarettes restrict oxygen supply, The heart has to beat harder every time the mother smokes. _____ can also cause a greater risk of miscarriage and stillbirth (death inside the womb). Besides, the baby _____ be born prematurely and with a low birth weight. Children of smokers _____ also get ear infections, asthma, learning disorders and behavioral problems and chest infections. They could also become smokers as they get older. These are some reasons why a pregnant person _____ smoke.

These are some other actions that a woman _____ do during pregnancy:

- ✓ Take a prenatal vitamin.
- ✓ Exercise regularly.
- ✓ Write a birth plan.
- ✓ Change chores (avoid harsh or toxic cleaners, heavy lifting)
- ✓ Track weight gain (normal weight gain is 25-35 pounds)
- ✓ Get comfortable shoes.
- ✓ Eat folate-rich foods (lentils, asparagus, oranges, fortified cereals)

LISTEN TO THE RECORDING AND ANSWER THE QUESTIONS

A person _____ miss breakfast

Sugary food _____ be eaten during breakfast

Low fat proteins _____ be eaten to have energy during more time

A person _____ drink at least 2 liters of water every day

According to the expert, a person should drink _____ glasses of water every day

According to the expert, government recommends adults to get _____ minutes of exercise
a day

According to the expert, adults should sleep from _____ hours