

Match the words

1. to have	in for the doctor
2. to catch	sick
3. to ask	for help
4. to cut	fit
5. to break	first aid
6. to give	a stomach ache
7. to call	a leg
8. to feel	medicine
9. to keep	a finger
10. to take	a cold

Write what people should do if .....

1. they have a headache

If people have a headache they should take some medicine.

2. they have a toothache

.....

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3. they have a cold

.....

4. they can't sleep

.....

5. they have a high temperature

.....

Make up sentences using Past Perfect – had + ed/3 колонка

What had Peter done before he started coughing and sneezing?

1) go for a picnic

Before he started coughing and sneezing, Peter had gone for a picnic.

2) swim in the cold river

3) sleep in the tent

4) stay in the rain

5) get cold

6) get wet

Read and complete the dialogue

— Hi, what's the matter *with* you?
— I _____ terrible.
— Why? _____ 's wrong?
— I _____ a cough and a _____ throat.
— That's too bad. Have you _____ a cold?
— Yes. I think so.
— You should see a _____ then!

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Read the text and complete the sentences

A and eat more fruit and vegetables
B at a healthy weight
C improve your life
D As far as my lifestyle is concerned
E can help you look better
F and physical activity

You have been certainly told that exercise is good for you, but can it really _C_ (1)?

My personal view is that there are certain health benefits of regular exercise ____ (2).

First, exercise makes you stronger and more energetic, allowing you to do tasks that you otherwise might not be able to do or to do them more easily.

Second, any physical activity ____ (3). People who exercise burn more calories and look more toned than those who don't. In fact, exercise is one of the most important parts of keeping your body ____ (4).

It also helps to reduce stress and improve mood.

____ (5), I think I'm active enough: I have three hours of Physical Training at school and go to a swimming pool twice a week. However, I need to make my diet more balanced; I realize that it's necessary to avoid fast food ____ (6).

Write 6 pieces of advice about healthy lifestyle

1. .....
2. .....
3. .....
4. .....
5. .....
6. .....

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