

## UNIT 2

## HEALTHY LIVING

### A. PHONETICS

I. Put the words into the correct column.

enough      of      vegetarian      never      flower  
live      flu      knife      leave      lifestyle  
knives      laugh      leaf      cough      vitamin

/f/	/v/

II. Fill in the blanks with "f" or "v" to complete the words.

1. I ha\_\_e taken some pills, but I \_\_eel e\_\_en worse!
2. The nurses o\_\_ten gi\_\_e ad\_\_ice to the patients.
3. You should do more physical acti\_\_ities e\_\_ery day.
4. Lucas cycled to school to keep \_\_it and to sa\_\_e money.
5. I\_\_ you are so inacti\_\_e, you will probably get \_\_at.

### B. VOCABULARY

I. Match the words to make meaningful expressions.

- | A           | B                 |
|-------------|-------------------|
| 1. get      | a. the flu        |
| 2. keep     | b. your hands     |
| 3. exercise | c. sleepy         |
| 4. have     | d. fit            |
| 5. wash     | e. your teeth     |
| 6. brush    | f. a mask         |
| 7. avoid    | g. a lot of fruit |
| 8. wear     | h. sunburnt       |
| 9. eat      | i. indoors        |
| 10. feel    | j. crowds         |

II. Fill in each blank with a word or phrase from the box.

acne    chapped lips    skin condition    soft drinks    dim light  
red spots    affects    sunburn    lip balm    coloured vegetables

1. A moisturising \_\_\_\_\_ can help soothe dry lips.
2. Stress \_\_\_\_\_ several body parts and bodily functions.
3. It is difficult to see or read in the \_\_\_\_\_.
4. Are green vegetables healthier than \_\_\_\_\_?
5. He has a high fever and small \_\_\_\_\_ on the skin.
6. Spending time in the sun is fun, but you may get \_\_\_\_\_.
7. \_\_\_\_\_ is caused when tiny holes in the skin become blocked.
8. Coca-Cola is the biggest selling brand name of \_\_\_\_\_ in Britain.
9. \_\_\_\_\_ are the result of dry and cracked skin on your lips.
10. \_\_\_\_\_ is any change in the colour or texture of appearance of the skin.

III. Choose the best answer to complete the sentences.

1. You can \_\_\_\_\_ some diseases by keeping yourself clean.  
A. do                      B. have                      C. get                      D. avoid
2. Sunscreen, \_\_\_\_\_, hats and gloves can protect sensitive skin from sunburn.  
A. chapped lips      B. red spots              C. lip balm              D. dry hair
3. I'm always on a diet because I \_\_\_\_\_ on weight easily.  
A. put                      B. affect                      C. keep                      D. cause
4. You should throw your \_\_\_\_\_ clothes in the washing machine.  
A. new                      B. old                      C. tidy                      D. dirty
5. She is going to see the doctor because she has \_\_\_\_\_.  
A. a vitamin              B. an exercise              C. a headache              D. a diet
6. Scarlet dislikes \_\_\_\_\_ such as chips, sweets and fizzy drinks.  
A. vegetables              B. junk food              C. seafood              D. fruits
7. There are about fifty \_\_\_\_\_ in an apple.  
A. materials              B. calories                      C. energies                      D. vegetables
8. The key for them to \_\_\_\_\_ fit is jogging three kilometres every morning.  
A. put                      B. avoid                      C. affect                      D. keep
9. My cousin is getting sick. He feels weak and \_\_\_\_\_.  
A. tired                      B. heavy                      C. good                      D. strong
10. Soft drinks can be \_\_\_\_\_ to children's teeth.  
A. fit                      B. active                      C. harmful                      D. fresh