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

LIVEWORKSHEETS

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

LIVEWORKSHEETS