



GRAMMAR

Task 1A. Use *should/ shouldn't* to complete the sentences.

1. She has a toothache. She *should/ shouldn't* eat so much candy.
2. I have a headache. I *should/ shouldn't* take some medicine.
3. Mary wants to lose weight. She *should/ shouldn't* eat junk food more.
4. What **should** I do to lose weight? - You *should/ shouldn't* eat more fruit and vegetables.
5. You look very tired. You *should/ shouldn't* get some rest.
6. Linda has a stomachache. - She *should/ shouldn't* drink so much soda.
7. I feel tired. You *should/ shouldn't* take a rest and sleep enough.
8. I have a sore eye. You *should/ shouldn't* play a lot of video games.
9. I am putting on weight. You *should/ shouldn't* do more exercise.
10. This food contains a lot of fat and sugar. You *should/ shouldn't* eat too much.

Task 1B. Write *should/ shouldn't* in the blanks

1. Tom.....eat so many lollipops. It's bad for his teeth.
2. He's fifteen. He..... drive a car.
3. Pregnant women.....smoke as it can damage the baby.
4. We..... go somewhere exciting for our holiday.
5. People drive fast in the town centre.
6. You ask the teacher to help you if you don't understand the lesson.
7. Ibuy the dress or the skirt?
8. Shetell lies.
9. That's a fantastic book. You.....read it
10. The doctor said: youeat healthy food. You.....eat fast food. You watch so much TV. Youwalk 1 hour a day. You..... drink fruit juice and water. You.....drink wine or beer.
11. You be so selfish.

12. I don't think you smoke so much.
13. You..... exercise more.
14. I think I you try to speak to her.
15. You are overweight. You go on a diet.
16. Where..... we park our car?
17. You never speak to your mother like this.
18. The kid spend so much time in front of the TV.
19. I tell her the truth or should I say nothing?
20. I think we..... reserve our holiday in advance.

Task 2. Circle the correct words.

1. I don't eat *any/ some* fast food.
2. We should drink *any/ some* fruit juice now.
3. She doesn't do *any/ some* exercise today.
4. My brother can play *any/ some* sports such as: soccer, volleyball, badminton, table tennis...
5. She does *many/ a little* exercise in the morning.
6. How *much/ any* fruit do you eat every day?
7. We should drink *lots of/ much* water every day.
8. My daughter doesn't watch *much/ many* TV every day.
9. Tommy doesn't eat *any/ a little* salad every day.
10. How *much/ many* beer does your father drink every week?

Task 3A. Underline the correct words.

1. Your eyes look very tired. Let your eyes rest *more / less* and watch *more / less* TV.
2. If you want to stay in shape, eat *more / less* healthy food like fruits, vegetables or fish.
3. Drink *more / less* water when you have a high fever.
4. If you want to lose weight, eat *more / less* junk food.
5. Sunbathe *more / less* to avoid getting sunburnt.
6. The popular thing to lose weight is "eat *more / less* and exercise *more / less*".
7. Stay outdoors and do *more / less* physical activities. You will be more healthy.

8. Spend *more / less* time in front of screens, such as the phone, TV or computer. It's not good for your eyes.

Task 3B. Complete the imperatives with *more* or *less*, using the verbs in the box.

do **play** **eat** **sleep** **watch**
eat **drink** **read** **spend** **do**

1. _____ video games or your eyes will be hurt.
2. _____ fruit, vegetables or nuts because they are healthy.
3. _____ if you want to be more active.
4. Japanese _____ fish instead of meat, so they stay more healthy.
5. If you want to improve your knowledge, _____ books.
6. _____ TV because too much TV is really bad for your eyes.
7. If you're outside on a hot day, _____ water.
8. _____ exercise, and you will feel fitter and healthier.
9. _____ time on social media, so you can focus on your tasks.
10. Stay outdoors and _____ physical activities. You will be more healthy.

Task 3. Match the health problems with the correct advices.

1. I have spots on my face.	1._	a. You should go to your dentist.
2. I get sunburn.	2._	b. Eat less junk food and do more exercise.
3. I've got a flu.	3._	c. You shouldn't drink cold drinks..
4. I'm putting on weight.	4._	d. Apply an aloe vera lotion and drink lot of water .
5. I have a toothache. My tooth hurt.	5._	e. Spend less time in front of the screen.
6. I have a sore throat.	6._	f. Stay at home and have a rest.
7. My eyes are sore and tired.	7._	g. Wash your face regularly.

Task 4. Put the verbs in brackets in the correct tense form.

1. Nam looks brown. He was on holiday last week. He (**get**).....sunburn.
2. Getting plenty of rest is very good. It (**help**).....you to avoid depression.
3. The Japanese (**eat**).....a lot of fish so they are very intelligent.

4. If you wash your hands more, you **(have)**.....less chance of catching flu.
5. Eating carrots regularly **(help)**.....you see better.
6. It is very hot outside. Please **(wear)**.....a sun hat when you go out.
7. Do more exercise and you **(feel)**.....healthier.
8. I don't want **(be)**.....tired tomorrow so I go to bed early.
9. Nowadays, I don't feel well. I often **(feel)**.....sick and weak.
10. People who (**smile**).....more are happier and they live longer.
11. It is important **(eat)**_____ well.
12. It **(be)**_____ very cold today. You should wear your warm clothes when you **(go)**_____ out to prevent cold.
13. Do morning exercise every day and you'll **(feel)**_____ better.
14. I have a lot of homework to do this evening, so I **(not have)** _____ time to watch the football match.
15. **(Eat)**_____ junk food and inactivity **(be)**_____ the main causes of obesity.
16. I **(have)**_____ a headache and I need to rest more.
17. I **(have)**_____ a toothache so I **(have to/ see)**_____ the dentist.
18. I have to take medicines because I **(be)**_____ sick.
19. Japanese **(eat)**_____ more fish instead of meat, so they **(stay)**_____ more healthy.
20. When you **(have)**_____ a fever, you **(should/ drink)**_____ more water and rest more.
21. A healthy diet **(help)**_____ us feel healthier.
22. Watching TV much **(hurt)**_____ your eyes.

Task 5. Join each pair of sentences by using a suitable conjunction: *and, but, or, so*.

1. To stay healthy, you should eat more vegetables. You eat less high- fat food.

2. Junk food tastes so good. It is bad for your health.

3. You should eat less junk food. You will put on weight.

4. He is a vegetarian. He doesn't eat any meat.

5. Would you like meat for lunch? Would you like vegetables for lunch?
6. Susan went to the park. She had a ride on the swing.
7. I love fruit. I am allergic to strawberries.
8. To prevent flu, we eat a lots of garlic. We keep our bodies, especially feet warm.

Task 6. There is one mistake in each sentence. Underline and correct the mistake.

Sentences	Correction
1. My brother loves play chess when he has free time.	
2. I find woodcarving interest because it's creative.	
3. Many people wait for the dentist at the moment.	
4. They have donated blood three months ago.	
5. Did you finished your homework yet?	
6. I'd like to go, and I have to study for my test tonight.	
7. Eat more fast food, or you'll put on weight.	
8. Do you think staying at home all day is bored?	
9. She is very <u>nervous</u> because she has some <u>spot</u> on her <u>face</u> .	
10. You can <u>play</u> table tennis, <u>both</u> you can go <u>skating</u> at the weekend.	

Task 7. Choose the underlined word or phrase (marked A, B, C or D) in each sentence that needs correcting.

1. My father often takes my sister and me to the cinema at special occasions.
A B C D
2. My younger brother had temperature and felt tired yesterday, so I was worried about him so much.
A B C D
3. They provide some food and drink with the poor people in their community more often.
A B C D
4. I think he will go to the book fair next Sunday because he loves to read books so much.
A B C D
5. Be less careful when you eat some kinds of food, my dear! You may have allergies if you don't take my advice.
A B C

D

6. She likes eating fish, so she also likes drinking mineral water.

A

B

C

D

7. It has been two weeks since he has worked for this non-profit organization

A

B

C

D

8. Eat more junk food! You will get overweight if you keep doing that.

A

B

C

D

9. You shouldn't stay at home all day because it's bad for your health. Go out less!

A

B

C

D

10. You have a sore throat, but you shouldn't talk more.

A

B

C

D