

**1 Complete the advice by circling the correct verbs.**

1 My head hurts a lot.

You **need to** / **shouldn't** listen to loud music.  
You **mustn't** / **should** rest.

2 My little brother's got earache.

He **needs to** / **shouldn't** go outside to play.  
He **should** / **mustn't** go to the doctor.

3 My friend's got a broken arm.

She **mustn't** / **should** go to the hospital.  
She **mustn't** / **needs to** ride her bike.

**2 What advice would you give to these people? Use the pictures for ideas.**

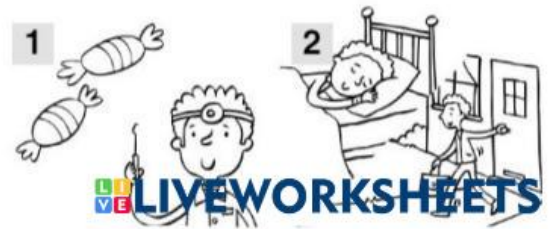
1 Grandpa doesn't feel well. He's got toothache.

He mustn't eat sweets. He should \_\_\_\_\_.

2 Freddy has got the flu and he feels very cold.

\_\_\_\_\_  
\_\_\_\_\_

3 Peter thinks he's got a temperature but he's got a football match.



2 What advice would you give to these people? Use the pictures for ideas.

1 Grandpa doesn't feel well. He's got toothache.

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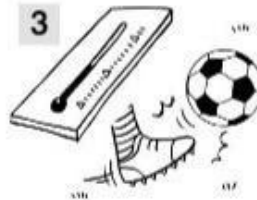
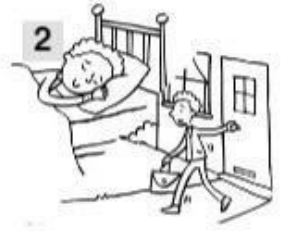
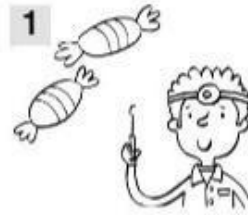
\_\_\_\_\_  
\_\_\_\_\_

3 Peter thinks he's got a temperature but he's got a football match.

\_\_\_\_\_  
\_\_\_\_\_

4 Jane has got a small cut on her finger.

\_\_\_\_\_  
\_\_\_\_\_



3 Circle the correct words to complete the text.

### Keeping healthy by Doctor Orlov

If you want to be healthy, it's important to exercise every day. You <sup>1</sup> **must** / **shouldn't** spend a lot of time on your computer. You <sup>2</sup> **should** / **mustn't** try to play outside in the fresh air. And you <sup>3</sup> **should** / **shouldn't** sleep at least nine hours every night.

If you get ill, you need to be careful. You <sup>4</sup> **mustn't** / **need to** do sports because your body <sup>5</sup> **needs to** / **mustn't** rest. You <sup>6</sup> **mustn't** / **should** keep warm and you <sup>7</sup> **must** / **shouldn't** drink plenty of water. If you feel very ill, it's important to see the doctor.