

Vocabulary

Health

1 Choose the correct alternatives.

- How can I stay/eat healthy?
- Don't buy a burger again for lunch. You need to *do/ eat* well.
- How much does it cost to *join/ keep* a gym?
- Ssh! Go/Keep to sleep, it's late!
- We *walked/ moved* around the shops for an hour or two.
- What do you do to *do/ keep* fit?
- Stand/Sit down and make yourself comfortable.
- I need to *have/ do* some exercise. I might go running.

2 Match the sentence halves.

- I want you to stand _____
- It's only one floor; let's walk _____
- We always eat _____
- Do you go _____
- Playing sport is a good way to do _____
- At work, try to move _____
- Try not to sit _____
- Running is an excellent way to keep _____

a up the stairs.
b down all day.
c fit.
d up and find a partner.
e around every hour or so.
f well – lots of salad and vegetables.
g to sleep as soon as you go to bed?
h some exercise.

3 Complete the conversations with the missing words.

- A: How do you keep _____?
B: I try to _____ some exercise every day, like sport or running.
A: I don't like either of those.
B: Well, why don't you join a _____?
- A: I sit _____ at my desk all day. I don't think it's good for me.
B: Yes, you're right. Why don't you stand _____ and walk around more often?
A: I forgot to do that.
B: You can use this app, look. It reminds you to do it every hour. I use it and I move _____ much more every day.
A: Nice! That's how you manage to stay _____ then?
B: Yes, and I eat _____.



Grammar

should/shouldn't

4 Match problems 1–8 with advice a–h.

- I'm bored.
- I haven't got any money.
- I need to get there quickly.
- It's raining.
- I'm always tired.
- I've got a big exam next week.
- I haven't got any friends.
- I want to learn to play the guitar.

a You should take an umbrella.
b You should watch a film.
c You should join a club.
d You should go to bed early.
e You should have lessons.
f You should get a job.
g You should study.
h You should take a taxi.



5 Complete the sentences with *should* or *shouldn't*.

- You _____ eat lots of sugar. It's bad for you.
- What time _____ we leave? I don't want to arrive late.
- You _____ study for your exam next week. It's important.
- You _____ watch TV in bed. It doesn't help you sleep.
- She's always tired. She _____ go to bed so late.
- You _____ take a coat. It's cold outside.
- You _____ stay out so late when you have school the next day.
- _____ we take a bus or a train?

6 Correct the mistake in each sentence.

- We should *te* take a present to the party.
- Should I *calling* Simone?
- You shouldn't *talking* to Richard like that.
- Do we *should* leave early?
- You shouldn't *to* eat so fast.
- She *should* *doing* more exercise.
- Should I *to* ask lines?
- I shouldn't *ate* so much.