

2 Complete the sentences with the phrases in the box.

eat so much chocolate go to bed
drink lots of water study hard tonight
sit down play tennis this afternoon

1 A: I've got a pain in my right arm.
B: You shouldn't _____.

2 A: I'm very tired and it's late.
B: Then you should _____, Sam.

3 A: My foot hurts.
B: You should _____ for a while.

4 A: I feel sick.
B: Well, you shouldn't _____!

5 A: I've got a difficult maths exam tomorrow.
B: You should _____.

6 A: Sarah's got a terrible cold.
B: She should rest and _____.

3 Read the sentences. Is the advice right (✓) or wrong (✗)?

To improve your English ...

0 you should read books in English. ✓
1 you shouldn't talk to people from English-speaking countries.
2 you should listen to music in English.
3 you should watch films in English.
4 you shouldn't practise pronunciation.
5 you should only study at weekends.

4 Correct the mistakes in three of the sentences. Which two are correct?

1 I think you shoud take a coat.
2 I should bring a DVD?
3 How much money should we bring?
4 You won't eat sweets in class. It's a school rule.
5 You will bring some water. It's very hot today.
6 Don't forget your keys. You should put them in your pocket.

VOCABULARY **Health**

1 Complete the blog with the phrases in the box.

do some exercises eat well enter a race
stay healthy get fit have a rest sleep well

FITNESS FOR EVERYONE

Hi, everyone. Today I've got eight tips and pieces of advice for people who want to start running. Read on if you want to 1 _____ in no time at all!

- › Start slowly. Run a little, then 2 _____, then run again.
- › Run five times a week.
- › 3 _____ – lots of fruit and vegetables. A good diet helps you 4 _____.
- › Drink lots of water.
- › Don't watch screens late at night so you can 5 _____ – eight hours a night at least.
- › In bad weather you can 6 _____ in a gym.
- › Remember, at first it hurts but later you feel great!
- › 7 _____. This will give you something to work towards in the future. Maybe you'll win!



2 Match the sentence halves.

1 It is very _____.
2 I like running but I don't want _____.
3 I try to keep fit so _____.
4 Swimming is a good way _____.
5 The secret to eating well _____.

a I go cycling, swimming and running.
b to stay healthy.
c to enter a race.
d important to do exercise.
e is lots of fruit and vegetables.

3 Choose the correct words to complete the sentences.

1 I like to *get / keep* some exercise when I'm on holiday.
2 You should *do / have* a rest after so much running.
3 She's going to the gym because she wants to *get / have* fit.
4 You *do / feel* healthy when you eat well.
5 I'm going to *get / enter* the 100 m race in the school sports day.
6 You should *do / take* some exercises to make your legs stronger.