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.
_____
_____

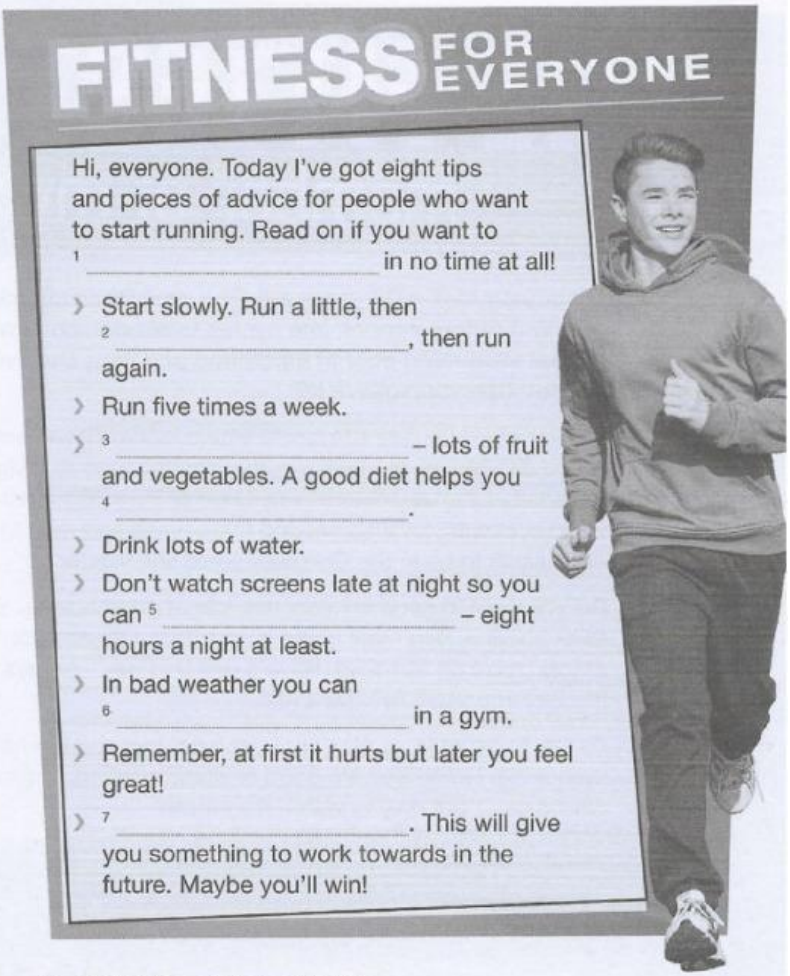
5 You will bring some water. It's very hot today.
_____
_____

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



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.

LIVEWORKSHEETS