



1 Listen and check (✓).

1 a



b



2 a



b



3 a



b



2

Complete the statements. Circle *should* or *shouldn't*.

- 1 You **should** / **shouldn't** stay up late.
- 2 You **should** / **shouldn't** drink lots of water and juice.
- 3 You **should** / **shouldn't** get some exercise every day.
- 4 You **should** / **shouldn't** eat lots of sweets.
- 5 You **should** / **shouldn't** take good care of yourself.
- 6 You **should** / **shouldn't** watch too much TV.

3

Match the sentences to the correct ailments. Draw lines.

- | | |
|--|-------------|
| 1 Tami's eyes are red, and she is sneezing. | cut |
| 2 Paul has a high fever. His throat hurts. | sore throat |
| 3 Nora's head hurts. She has to rest and close her eyes. | allergies |
| 4 Roy fell off the steps. His arm is sore and bleeding. | stomachache |
| 5 Anna ate something bad last night, and now she feels sick. | headache |

4 Complete the dialog. Use the words from the box.

allergies exercise fruits and vegetables headache

Kate: Can you turn the lights down? I have a bad _____ 1.

Josie: Are you taking good care of yourself?

Kate: I take good care of myself. I get plenty of _____ 2.

I eat a lot of _____ 3.

Josie: Maybe you have _____ 4. Your eyes look a little red and watery.

Kate: No, I don't. I don't know why I have a headache.

Josie: You should see a doctor.

5 List three things that are unhealthy. Write sentences. Use *should*.

- 1 _____
- 2 _____
- 3 _____

6 Order the sentences.

1 I / go / should / the / to / dentist / ?

2 should / do / for / throat / what / I / a / sore / ?

3 better / could / of / she / take / care / herself

4 much / eat / you / chocolate / so / shouldn't

Score: /



Listen and write the correct number.

a



b



c



d



2

Complete the sentences. Write *should* or *shouldn't*.

- 1 You _____ eat healthy meals.
- 2 You _____ exercise every day.
- 3 You _____ drink a lot of soda.
- 4 You _____ go to the doctor if you feel sick.
- 5 You _____ eat sweet snacks every day.

3

Read the chart. Answer the questions. Write sentences.

	Sleeping	Eating	Exercising
Cherie	stays up late	lots of fruits and vegetables	rides bike, swims
William	sleeps 8–9 hours every night	lots soda and sweet snacks	plays computer games, watches TV
Carlos	stays up late	lots of candy	plays basketball and soccer

- 1 What should Cherie do to take better care of herself?

- 2 What should William do to take better care of himself?

- 3 What shouldn't Carlos do to take better care of himself?



Listen and match. Draw lines.



Becky



Daniel



Rashid



Daisy



Robert



Claire

5

Complete the sentences. Circle the correct word.

- 1 I drink plenty of water and take good care of **myself** / herself.
- 2 She needs more sleep. She doesn't take care of **yourself** / herself.
- 3 Jenny, Fred, and I are trying to take better care of **ourselves** / themselves.
- 4 One way you can take better care of **himself** / yourself is to get more exercise.
- 5 He exercises every day. He takes good care of **myself** / himself.

6

Write three things everyone should do to stay healthy. Write sentences.

Score: /