



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., and 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



14 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?

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4 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.
