

# Unit 2

## Health

### LESSON 2

- review giving advice about healthy lifestyles
- use "should" and "shouldn't"

#### New Words

a. Unscramble the words and phrases.



1 EELF EAWK

F E E L

W E A K

2 KATE AVITNISM

3 PEEK MRWA

4 EORS TATOHR

5 RFVEE

6 KETA CMENDEII

7 AYST PU LEAT

8 EGT OESM STER

b. Fill in the blanks using the words from Task a.



1. I have no energy and can't do any work. I feel weak.

2. I feel very hot and sick. I think I have a fever.

3. The doctor told me to eat healthy after eating, three times a day.

4. If you eat a healthy diet, you don't need to exercise.

5. You should wear a thick jacket and scarf to keep warm in winter.

6. I have a cough and a cold. It hurts when I drink.

7. Many teens don't have time to do homework or watch TV. That's bad for their health because they won't get enough sleep.

8. You look tired. You should rest.



#### Listening

a. Listen to two children talking at school. Who has a healthier lifestyle?



1. Brenda

2. Pete



b. Now, listen and circle A, B, or C.

03



1. Pete has...  
A. a headache.      B. a sore throat.      C. a stomachache.
2. Pete does...  
A. a lot of exercise.      B. a little exercise.      C. no exercise.
3. Brenda eats...  
A. some junk food.      B. no fresh fruit.      C. a lot of salad.
4. Pete eats...  
A. a lot of salad.      B. a little salad.      C. no salad.
5. Pete should...  
A. do more exercise.      B. eat more junk food.      C. watch less TV.



**Grammar**

**Unscramble the sentences.**



1. I have a sore throat.      shout/much./You/so/shouldn't  
You shouldn't shout so much.
2. I feel weak.      take/should/You/vitamins./some  
\_\_\_\_\_
3. I have a stomachache.      You/medicine./take/should  
\_\_\_\_\_
4. I have a fever.      a/see/doctor./You/should  
\_\_\_\_\_
5. I'm always watching TV.      should/exercise./do/You/more  
\_\_\_\_\_



**Writing**

Read Lily and Jacob's health problems. Use *should* and *shouldn't* to give them your advice. Write full sentences.



Lily feels sick today. She has a cough and a sore throat. She eats a little fruit and vegetables every day. She sleeps five hours a night. She watches a lot of TV.

Lily should get some rest.

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Jacob feels weak. He has a stomachache and feels sick. He doesn't eat breakfast. He eats a lot of fast food and drinks soda every day.

Jacob

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