

# Vocabulary

## Health

### 1 Choose the correct alternatives.

- 1 How can I *stay/eat* healthy?
- 2 Don't buy a burger again for lunch. You need to *do/eat* well.
- 3 How much does it cost to *join/keep* a gym?
- 4 Ssh! *Go/Keep* to sleep, it's late!
- 5 We *walked/moved* around the shops for an hour or two.
- 6 What do you do to *do/keep* fit?
- 7 *Stand/Sit* down and make yourself comfortable.
- 8 I need to *have/do* some exercise. I might go running.

### 2 Match the sentence halves.

- 1 I want you to stand \_\_\_\_\_
- 2 It's only one floor; let's walk \_\_\_\_\_
- 3 We always eat \_\_\_\_\_
- 4 Do you go \_\_\_\_\_
- 5 Playing sport is a good way to do \_\_\_\_\_
- 6 At work, try to move \_\_\_\_\_
- 7 Try not to sit \_\_\_\_\_
- 8 Running is an excellent way to keep \_\_\_\_\_

a up the stairs.  
b down all day.  
c fit.  
d up and find a partner.  
e around every hour or so.  
f well – lots of salad and vegetables.  
g to sleep as soon as you go to bed?  
h some exercise.

### 3 Complete the conversations with the missing words.

- 1 A: How do you *keep* \_\_\_\_\_?  
B: I try to \_\_\_\_\_ some exercise every day, like sport or running.  
A: I don't like either of those.  
B: Well, why don't you join a \_\_\_\_\_?
- 2 A: I *sit* \_\_\_\_\_ at my desk all day. I don't think it's good for me.  
B: Yes, you're right. Why don't you stand \_\_\_\_\_ and walk around more often?  
A: I forgot to do that.  
B: You can use this app, look. It reminds you to do it every hour. I use it and I move \_\_\_\_\_ much more every day.  
A: Nice! That's how you manage to stay \_\_\_\_\_ then?  
B: Yes, and I eat \_\_\_\_\_.

# Grammar

## should/shouldn't

### 4 Match problems 1–8 with advice a–h.

- 1 I'm bored.
- 2 I haven't got any money.
- 3 I need to get there quickly.
- 4 It's raining.
- 5 I'm always tired.
- 6 I've got a big exam next week.
- 7 I haven't got any friends.
- 8 I want to learn to play the guitar.

a You should take an umbrella.  
b You should watch a film.  
c You should join a club.  
d You should go to bed early.  
e You should have lessons.  
f You should get a job.  
g You should study.  
h You should take a taxi.



### 5 Complete the sentences with *should* or *shouldn't*.

- 1 You \_\_\_\_\_ eat lots of sugar. It's bad for you.
- 2 What time \_\_\_\_\_ we leave? I don't want to arrive late.
- 3 You \_\_\_\_\_ study for your exam next week. It's important.
- 4 You \_\_\_\_\_ watch TV in bed. It doesn't help you sleep.
- 5 She's always tired. She \_\_\_\_\_ go to bed so late.
- 6 You \_\_\_\_\_ take a coat. It's cold outside.
- 7 You \_\_\_\_\_ stay out so late when you have school the next day.
- 8 \_\_\_\_\_ we take a bus or a train?

### 6 Correct the mistake in each sentence.

- 1 We should *to* take a present to the party.
- 2 Should I *calling* Simone?
- 3 You shouldn't *talking* to Richard like that.
- 4 Do we *should* leave early?
- 5 You shouldn't *to* eat so fast.
- 6 She *should* *doing* more exercise.
- 7 Should I *to* ask Ines?
- 8 I *shouldn't* *ate* so much.