

## 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 forget 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.                          | a You should take an umbrella. |
| 2 I haven't got any money.            | b You should watch a film.     |
| 3 I need to get there quickly.        | c You should join a club.      |
| 4 It's raining.                       | d You should go to bed early.  |
| 5 I'm always tired.                   | e You should have lessons.     |
| 6 I've got a big exam next week.      | f You should get a job.        |
| 7 I haven't got any friends.          | g You should study.            |
| 8 I want to learn to play the guitar. | 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.