# PROGRESS CHECK

**1** **Choose the correct word or phrase to complete each sentence.**

1 Poor Ruby ____ be ill. She has been coughing all night.
**a)** need **b)** ought **c)** must

2 My grandma ____ treat a cold with plants from her garden.
**a)** could **b)** should **c)** must

3 My mum says I ____ go out with wet hair or I'll get sick.
**a)** don't **b)** shouldn't **c)** don't have to

4 You aren't ____ to leave the hospital until you're better.
**a)** let **b)** allowed **c)** need

5 You ____ go to the chemist's – I'll get your medicine.
**a)** might not **b)** couldn't **c)** don't have to

6 Jim ____ be at the hospital, so you can call him there.
**a)** ought to **b)** can **c)** able to

7 The doctor says I ____ drink coffee at night – it's a bad idea.
**a)** don't have to **b)** mustn't **c)** couldn't

8 I ____ go out on Saturday night if I'm sick.
**a)** not allowed **b)** don't need to **c)** won't be able to

**2** **Choose the correct words or phrases.**

1 Someone kicked me during basketball training and now my leg really **hurts / pains**!
2 When the weather is cold, the **chin / skin** on my hands becomes very dry.
3 I don't need **an operation / a prescription**, and that's great news because I hate hospitals.
4 She **cut / injured** her hand at work, but there was no bleeding and it wasn't serious.
5 Don't carry such a heavy backpack because it is bad for your **ankles / shoulders**.
6 I'm glad you're better. How long did it take you to **get over / feel up to** the flu?
7 Mrs Smith was lonely, but she **cheered up / passed out** when she got a dog.
8 Unfortunately, your teacher has **put on / come down with** the flu and won't be here today.
9 Doesn't it **get / put** you down when you're sick and you can't leave the house?
10 Stop playing that awful music – I **make / have** a headache and it's getting worse.
11 You shouldn't **have / make** fun of other people because it can hurt their feelings.
12 Are you **doing / taking** your medicine every three hours or have you forgotten?
13 I won't be in the bathroom much longer – I'm just **doing / making** my hair.
14 Make sure you **have / take** care of the my plants.

**Cumulative progress** 1 2 3 4 5 6 7 8 9 10 11 12

**3** **Write one word in each gap.**




Laughing doesn't just cheer you (1) _____ – it can actually improve your health. The sound of laughter when people (2) _____ together causes healthy changes in the body. Studies (3) _____ shown the amazing things that laughter can do. It is (4) _____ to reduce stress and depression, and it can also make you feel (5) _____ pain if you are sick. In fact, laughing is so good for you (6) _____ it can prevent some illnesses and even add years to your life.

When you laugh, your blood pressure goes up and you breathe faster. This sends more oxygen through your body. People who believe in the benefits of laughter say it's like working (7) _____ at the gym because the effects of laughter and exercise are so similar – and we all know how good physical exercise is. So it (8) _____ be true – laughter is the best medicine!





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