READING

How to Stay Healthy

People often get sick, but there are many ways to take care of your health. If you have a fever, you should drink a lot of water and rest. You shouldn't go outside because your body needs to recover. If you have a cough, you should drink warm tea with honey. You shouldn't drink cold drinks because they can make your throat worse.

When you have allergies, you should avoid things that make you sneeze, like dust or pollen. You shouldn't touch your face too much, and you should wash your hands often. If you have asthma, you should always carry your inhaler. You shouldn't run too much if you are feeling short of breath.

To prevent health problems, you should eat healthy food, exercise, and sleep well. You shouldn't eat too much junk food or stay up late every night. Taking care of yourself is important to stay healthy and feel good every day!

Activity 1: Read the sentences and choose TRUE or FALSE according to the information from the text.

1. If you have a fever, you should go outside. **(True / False)**
2. Drinking warm tea with honey is good for a cough. **(True / False)**
3. You should eat a lot of junk food to stay healthy. **(True / False)**
4. People with asthma should always carry an inhaler. **(True / False)**
5. Sleeping well helps to prevent health problems. **(True / False)**

Activity 2: Fill in the blanks with should or shouldn't.

1. If you have allergies, you _____ avoid dust and pollen.
2. You _____ drink cold drinks if you have a cough.
3. To stay healthy, you _____ eat vegetables and fruit.
4. If you feel tired, you _____ rest.
5. People with asthma _____ run too much if they have trouble breathing.