V. PRACTICE

Exercise 1. Put the words in the correct column depending on the pronunciation.

veil	rough	fat	phrase	heavy
leave	oven	coffee	laugh	move
halve	view	fin	cough	veal
orphan	fan	photo	vine	vest

/f/	/v/
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

Exercise 2. Choose the word whose underlined part is pronounced differently from the others.

1.	A. o<u>f</u>	B. co<u>ff</u>ee	C. lea<u>f</u>	D. <u>f</u>ault
2.	A. co<u>ugh</u>	B. l<u>augh</u>	C. en<u>ough</u>	D. thr<u>ough</u>
3.	A. <u>k</u>nee	B. <u>k</u>nife	C. <u>k</u>ing	D. <u>k</u>nitting
4.	A. daug<u>h</u>ter	B. wei<u>gh</u>	C. rou<u>gh</u>	D. thou<u>gh</u>t
5.	A. <u>a</u>llergy	B. c<u>a</u>lorie	C. coordin<u>a</u>te	D. tri<u>a</u>thlon
6.	A. <u>e</u>ssential	B. att<u>e</u>ntion	C. v<u>e</u>getarian	D. depr<u>e</u>ssion
7.	A. s<u>i</u>ck	B. sw<u>i</u>mming	C. <u>i</u>tchy	D. r<u>i</u>ding
8.	A. really	B. healthy	C. regularly	D. identify
9.	A. <u>ea</u>t	B. h<u>ea</u>d	C. d<u>ea</u>d	D. br<u>ea</u>d
10.	A. k<u>i</u>nd	B. r<u>i</u>de	C. kn<u>i</u>fe	D. k<u>i</u>d

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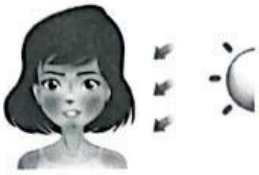
Exercise 3: Look at the photos and write the correct words under each photo. The first letter is a hint for you.

1. f..... 2. c..... 3. o..... 4. f.....



5. a..... 6. s..... 7. e..... 8. t.....

Exercise 4: Fill in the blanks with the health problems in exercise 3.

1. She's very hot and shivery, so I think she must have ..... .
2. She eats lots of junk food and be overweight. ..... is her problem.
3. He went outside all day long without wearing a hat. Now his skin turns red and hurts. He has got ..... .
4. I think I'm getting a ..... . I've got a sore throat and a runny nose.
5. Tony had lobster for dinner, and now his skin becomes covered with red marks. He says he has a shellfish ..... .
6. If you've got ....., you should go and see a dentist.
7. His body is too hot and soaked in sweat, but he feels very cold. I think he has a ..... .
8. My brother feels pain in his ear. He has ..... .

Exercise 5. Put the words into the correct column.

flu	exercising	fever	sore throat
playing sports	sneezing	gardening	watching TV
cough	cycling	allergy	runny nose
walking	red skin	swimming	doing aerobics
headache	stomachache	sleeping	relaxing

LIVEWORKSHEETS

Illnesses and symptoms	Activities
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

Exercise 6. Complete the sentence with the words in the box.

health	dry	flu	provide	getting
physical	exercise	stay	weight	swimming

1. Do you want to know how you can ..... healthy?
2. They go ..... outside even when it's cold.
3. In order to have good ....., you should eat lightly and laugh cheerfully.
4. My father does morning ..... every day.
5. He eats a lot of burgers and chips so he's putting on .....
6. You should eat a lot of fruits and vegetables because they ..... vitamin A, which is good for the eyes.
7. If you want to be fit, stay outdoors more and do more ..... activities.
8. To prevent ....., you should eat a lot of garlic and keep your body warm.
9. He plays computer games and watches TV a lot so his eyes are often ..... .
10. Eat less junk high-fat food to keep you from ..... fat.

Exercise 7. Match the health problems with the correct advice.

1. I have spots on my face.	a. You should go to your dentist.
2. I get sunburnt.	b. Eat less junk food and do more exercise.
3. I've got flu.	c. You shouldn't drink cold drinks.
4. I'm putting on weight.	d. Apply an aloe vera lotion and drink lots of water.

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5. I have a toothache. My tooth hurts.	e. Spend less time in front of screens.
6. I have a sore throat.	f. Stay at home and have a rest.
7. My eyes are sore and tired.	g. Wash your face regularly.

Your answer: .....

Exercise 8. Fill in each blank with the correct conjunction: *and, or, but, so.*

1. Get up early ..... do more exercise.
2. Eat less junk food ..... eat more fruit and vegetables.
3. The weather is very cold today ..... I should put on a coat.
4. Watch less television ..... you can protect your eyes.
5. If you spend less time on computer games ..... television programmes, you will have more time for outdoor activities.
6. I have a lot of homework to do this evening ..... I don't have time to watch the football match.
7. Take up a new hobby ..... you'll have some new friends.
8. He has toothache ..... he still eats a lot of sweets and cakes.
9. She's very hard-working ..... not very imaginative.
10. I was lost ..... I bought a street map.

Exercise 9. Put the verbs in brackets in the correct tense and form.

1. Nam looks brown. He was on holiday last week. He (get) ..... sunburn.
2. Getting plenty of rest is very good. It (help) ..... you to avoid depression.
3. The Japanese (eat) ..... a lot of fish so they are very intelligent.
4. If you wash your hands more, you (have) ..... less chance of catching flu.
5. Eating carrots regularly (help) ..... you see better.
6. It is very hot outside. Please (wear) ..... a sun hat when you go out.
7. Do more exercise and you (feel) ..... healthier.
8. I don't want (be) ..... tired tomorrow so I go to bed early.
9. Nowadays, I don't feel well. I often (feel) ..... sick and weak.
10. People who (smile) ..... more are happier and they live longer.

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