2 Look at the title and the pictures in the text. In pairs, try to match the strange health tips with the problems in exercise 1. Read the text quickly and check.

Five strange health tips that you should know about







The internet is full of websites that offer health tips – some serious and some strange. Here are our top five tips from the web ... do they work? You can decide on that!

Do you have a temperature or the flu? Then you should put some onion in your socks and wear them at night. You'll feel much better the next morning. Remember though, you shouldn't eat the onion afterwards!

You're chopping vegetables in the kitchen and you cut your thumb. What should you do? Put a little black pepper on the cut, of course! It stops the bleeding and helps the cut get better. But you should only do this for small cuts. For anything serious, you should see a doctor.

Do you have regular headaches? Then you should always have an apple nearby. Some studies have found that the smell of green apples can help with headaches and can also make you feel less anxious.

Are you feeling stressed? You should call your mum. A study at the University of Wisconsin showed that people who had more contact with their mothers had lower levels of stress. So you shouldn't delay – call her today!

If you have a cough that won't go away, then you should eat some chocolate. Scientists say that chocolate contains a chemical that is better at stopping coughs than many cough medicines. So you shouldn't go to a chemist's – go to a sweet shop instead!

3 Discuss the questions in pairs.

1 Would you try any of the tips? Why/Why not?
2 Do you know any other strange health tips?
3 Do you ever use the internet to look for health advice?
4 What are the advantages and disadvantages of using the internet for this?

4 **A** Look at the question and sentence from the text. Tick (✓) the correct meaning.

Are you feeling stressed? You should call your mum.

1 It's necessary to call your mum if you feel stressed. ☐
2 It's a good idea to call your mum if you feel stressed. ☐
3 It's a bad idea to call your mum if you feel stressed. ☐

B Complete the sentences with the words in the box. Check your answers in the text. Then read the Grammar box.

do go put should (x2) shouldn't

1 What _____ you _____?
2 You _____ _____ some onion in your socks.
3 You _____ _____ to a chemist's.

LIVEWORKSHEETS

Grammar *should/shouldn't*

Ask for advice: *What **should** I do?*
Say something is a good idea: *You **should** see a doctor.* *I think you **should** get help.*
Say something is a bad idea: *You **shouldn't** trust tips on the internet.* *I don't think you **should** go to work.*

Go to Grammar practice: *should/shouldn't*, page 120

5 **A** 5.3 **Pronunciation:** *should/shouldn't* How do you say *should* and *shouldn't?* Listen to the sentences and check.

1 What should we do?
2 Why shouldn't I speak to him?
3 I think you should talk to an expert.
4 You shouldn't believe him.

B 5.3 Underline the stressed words in each sentence. Listen, check and repeat.

6 **A** Complete the conversation with *should* and *shouldn't* to give health advice.

Paul I'm feeling really stressed. I can't sleep. What [1]_____ I do?
Doctor Well, I don't think you [2]_____ work so many hours, and you [3]_____ go to bed so late. You [4]_____ try and do more exercise. That will help you to sleep better.
Paul [5]_____ I drink less coffee?
Doctor Yes, you [6]_____ ! And you [7]_____ drink more water, too.
Paul OK, thank you.
Doctor If that doesn't help, you [8]_____ come and see me again.



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