UNIT

9 Vocabulary Health and fitness

A Choose the correct options (a–c) to complete the questions.



1 Have you ever _____ ill while on holiday?

a got b had c prevented

2 Are you _____ tired today and, if so, why?

a taking b staying c feeling

3 What can you do to avoid _____ sunstroke?

a getting b feeling c staying

4 What do people do in your school or workplace to _____ serious accidents?

a stay b prevent c take

5 How often do you _____ a break at school or work, and what do you do in your break-time?

a stay b take c feel

6 If you are feeling a bit down at the weekend, what do you do to make yourself _____ better?

a get b have c feel

7 Do you _____ exercise in the morning? What do you do?

a take b stay c prevent

8 Is it important to _____ in good shape? If so, why?

a have b stay c take

9 Can you think of three ways of _____ a bad headache?

a staying b taking c preventing

10 When was the last time you _____ sick and had to stay at home?

a had b felt c prevented

B Ask and answer the questions with a partner.

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