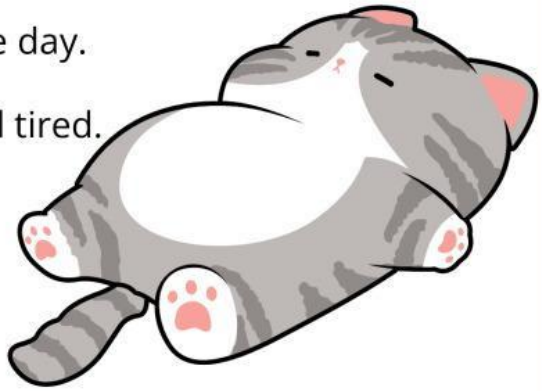
12 IT'S IMPORTANT TO GET REST

- State health problems and give advice.
- Ask for advice and give suggestions about health products.

1 Select the sentences that are grammatically correct.

1. ☐ It's important get enough sleep every night.
2. ☐ It's a good idea to drink water during the day.
3. ☐ It's helpful to take a break when you feel tired.
4. ☐ It's important to eat healthy food.
5. ☐ It's a good idea take vitamins in winter.
6. ☐ It's helpful to relax after a long day.



2 Select the correct option to complete each sentence.

1. It's helpful **to take notes / to take views** in class.
2. It's important **to take medicine / to take garbage** when you are sick.
3. It's a good idea **to take photos / to take breaks** during long study sessions.
4. It's important **to take noises / to take care** of your health.
5. It's helpful **to take a seat / to take a weather** before the meeting starts.

3 Complete the text with the correct words.

Yesterday, I went on a short trip and packed some personal items. I took a _____ of tissues and a _____ of toothpaste to keep in my backpack. I also brought a _____ of face cream and a _____ of deodorant.

For my health, I carried a _____ of painkillers and a _____ of plasters. I packed a _____ of soda to drink and a small _____ of candies for the journey.

LIVEWORKSHEETS