

1 Listen and write. Check your spelling. Then answer with a friend.



Which are illnesses?



2 Read and complete. Then match. Do get How often

1 _____ you
drink enough water?

a I do exercise five times a week.

2 _____ often
do you see a doctor?

b I don't think so. I get
seven hours a night.

3 How
do you do exercise?

c Yes, I drink seven glasses a day.

4 Do you _____
enough sleep?

d I see a doctor
once a year.

Grammar
Heroes



3 Read, choose and write.

cold cough feel headache neck throat dizzy

Martina: Mum, I don't 1 feel well. I have a sore

2 _____ and listen... I have a 3 _____.

Mum: Poor you! I think you have a 4 _____.

Martina: My 5 _____ hurts, and I feel 6 _____, too.
Can I watch TV?

Mum: No, you can't, Martina. Too much screen time can give you a 7 _____.

I don't
feel well.



4 Read and write a letter a-e.

1 Teacher: What's the matter?

David: c

2 Teacher: Oh, no. Do you have a stomach ache?

David: _____

3 Teacher: Do you have a headache?

David: _____

4 Teacher: Do you drink enough water?

David: _____

5 Teacher: _____

a No, I don't. My stomach
feels OK.

b I don't know. I drink two
glasses a day.

c I don't feel well.

d That's not enough. Drink this
glass of water.

e Yes, I do. My head hurts.

5 Write one healthy thing that you do!

I often _____

