WORKSHEET UNIT 1 LEVEL 3

Complete the sentences about Nancy's morning routine. Use the words in parentheses. Use the correct simple present form of the verb.

1. I never have _____ much time in the morning. (have, never)
2. I _____ a quick shower and wash my hair. (take, always)
3. I _____ fast. (get dressed, usually)
4. My breakfast _____ some fruit and toast. (be, often)
5. I _____ coffee or tea. (drink, rarely)
6. After breakfast, I _____ my teeth. (brush, always)
7. I _____ my apartment at 7:30 A.M. (leave, usually)
8. My hair _____ still wet from the shower. (be, sometimes)
9. I _____ late for the bus. (be, almost never)

LISTENING

A ▶06-14 Listen to the sports show. What topic are the people talking about?

- ☐ famous soccer players
- ☐ gymnastics
- ☐ injuries in sports

B ▶06-15 Listen again. Which injuries are common in soccer? in gymnastics? Check the correct columns.

	Soccer	Gymnastics
Knee injuries	✓	✓
Ankle injuries	☐	☐
Back injuries	☐	☐
Shoulder injuries	☐	☐
Arm injuries	☐	☐
Hand injuries	☐	☐

LIVEWORKSHEETS

Jack sprained his ankle. Read the instructions from his doctor. Then complete the sentences. Use *should* or *shouldn't* + the verb in parentheses.

1. Jack ___should keep___ his ankle up high. **(keep)**
2. His ankle _____ higher than his chest. **(be)**
3. He _____ ice on his ankle. **(put)**
4. He _____ the ice on his ankle all the time. **(keep)**
5. He _____ a video on the medical center website. **(watch)**
6. The bandage _____ on his ankle for more than 36 hours. **(stay)**
7. He _____ on his sprained ankle. **(walk)**
8. He _____ his doctor if he has questions. **(call)**

Treating a Sprained Ankle

- Sit or lie down with your ankle up high. Keep it higher than your chest.
- Put ice on your ankle. Keep the ice on for 20 minutes ONLY. Do this every hour of the day.
- Put an elastic bandage around your ankle. Watch the video *How to Wrap Your Sprained Ankle* on the Spring Medical Center website. Keep the bandage on your ankle for 24–36 hours ONLY.
- Don't walk on your sprained ankle.
- Call this office if you have questions.

LIVEWORKSHEETS