



I. Look at the picture and complete the paragraph with words from the box:

<i>chocolate</i>	<i>get</i>	<i>fat</i>	<i>cigarettes</i>	<i>eat</i>
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Hello, my name is Jim. I'm 30 years old. I'm very (1) I smoke many (2).....a day. I like sweets and (3).....

I (4).....too much food and I don't (5)..... exercise. I weigh 80 kilograms.

What must I do ?

II. Choose the appropriate activities to complete the doctor's advice to Jim to keep fit.



Hi, Jim. I have some advice for you.

- ~~X~~ eat much junk food like ice cream and chips
- eat more fruits and vegetables
- get exercises like jogging, push up or squat
- ~~X~~ drink much tea, coffee and coke
- stop smoking
- drink 2 liters of water

1. You should

2. You should

3. You should

4. You should.....

5. You shouldn't.....

6. You shouldn't.....