

Unit 2 – Health

I. Find the word which has a different sound in the part underlined.

1. A. knife B. of C. leaf D. life
2. A. although B. enough C. paragraph D. cough
3. A. junk B. sun C. put D. adult
4. A. headache B. architect C. chemical D. children
5. A. aerobics B. calories C. cycling D. doctor

II. Put the words with the sounds (/ f / and / v /)

	knife		life
/ f /	leaf	/ f /	save
	rough		cough
	safe		fast
	knives		tough
	leave		laugh
/ v /	live	/ v /	level
	move		fat
	of		very
	vast		enough

III. Fill in the blanks with the health problems in the box.

flu	allergy	cold	sunburn
obesity	earache	toothache	fever

1. She feels very weak, has a high fever and her muscles hurt. She has _____.
2. He eats lots of junk food and be overweight. _____ is his problem.
3. She went outside all day long without wearing a hat. Now her skin turns red and hurts. She has got _____.
4. I think I'm getting a _____. I've got a sore throat and a runny nose.
5. Mark had lobster for dinner, and now his skin becomes covered with red marks. He says he has a shellfish.
6. If you've got _____, go and see a dentist.
7. His body is too hot and soaked in sweat, but he feels very cold. I think he has a _____.
8. My sister feels pain in her ear. She has _____.

IV. Complete the sentences with the correct form of the verb **have** or **feel**. Add **a** or **an** where necessary.

1. I _____ flu. I _____ tired and weak.
2. Jane _____ sick, so she stays at home today.
3. Maybe she _____ fever. Her face is red and she tells me that she _____ very hot.
4. I _____ terrible headache yesterday, but I _____ better now.

5. What's wrong with Sarah? Does she _____ toothache?
6. 'Have you ever _____ allergy to seafood?' 'Yes, I _____ ill when I ate some lobsters two months ago.'
7. My friend _____ sunburn after a day at the beach. Her skin becomes red and sore.
8. I _____ itchy and I _____ runny nose. Do I _____ cold?

V. Underline the correct words.

1. Your eyes look very tired. Let your eyes rest *more / less* and watch *more / less* TV.
2. If you want to stay in shape, eat *more / less* healthy food like fruits, vegetables or fish.
3. Drink *more / less* water when you have a high fever.
4. If you want to lose weight, eat *more / less* junk food.
5. Sunbathe *more / less* to avoid getting sunburnt.
6. The popular thing to lose weight is "eat *more / less* and exercise *more / less*".
7. Stay outdoors and do *more / less* physical activities. You will be healthier.
8. Spend *more / less* time in front of screens, such as the phone, TV or computer. It's not good for your eyes.

VI. Fill in each blank with a word from the box.

put	home-cooked	vitamins	weight
growing	unhealthy	like	diet

Good nutrition is especially important for (1) _____ teenagers. Unfortunately, many teenagers have an unbalanced (2) _____. They buy (3) _____ takeaway food every day or even a few times a day. If you eat fast food regularly, you are more likely to (4) _____ on weight than if you eat fast food only occasionally. About nine in ten teenagers eat junk food every day. This might be fizzy drinks and snacks (5) _____ potato chips. Compared to (6) _____ food, junk food is almost always: higher in fat, particularly saturated fat; higher in salt; higher in sugar; lower in fibre; lower in nutrients, such as (7) _____ and minerals.

Junk food is poor fuel for your body. A poor diet can cause (8) _____ gain, high blood pressure, fatigue and concentration problems.

VII. Write the correct form or tense of the verbs in brackets.

1. _____ (you/ eat) fried chicken last night?
2. He _____ (put) on a lot of weight recently.
3. I often _____ (drink) coca cola when I was a child.
4. Joana _____ (wash) her face regularly to prevent spots.
5. I think he _____ (not pass) the exam. He hasn't studied at all.
6. She _____ (have) a sore throat, and she _____ (cough) terribly now.
7. You should try _____ (exercise) a couple times a week.
8. He keeps _____ (sneeze), so I think he's got a cold.
9. What _____ (you/ do) tomorrow evening?
10. My mother doesn't like _____ (eat) fast food.