

Fill each blank with a word in the box.

put on , exercise, spending, sun hat , allergic , obesity , rest, tooth decay, clean, bright eyes.

1. If you brush your teeth regularly you will not have.....
2. You look tired. You should _____
3. Today the weather is cold, so you should _____ your warm clothes.
4. Some people are _____ to crab.
5. If you want to be healthy, you should eat less fast food and do more.....
6. Today it is very hot. Please wear a _____ when you go out.
7. Eating too many sweets and fast foods causes health problems such as _____
- 8. Eating carrots regularly will help you have _____
9. You can avoid some diseases by keeping your hands _____.
10.much time on computer games may lead to health problems

Put the verbs in brackets in the correct tense form.

1. It is important (eat) _____ well.
2. It (be) _____ very cold today. You should wear your warm clothes when you (go) _____ out to prevent cold.
3. Do morning exercise every day and you'll (feel) _____ better
4. I have a lot of homework to do this evening, so I (not have) _____ time to watch the football match.
5. (Eat) _____ junk food and inactivity (be) _____ the main causes of obesity.
6. I (have) _____ a headache and I need to rest more.
7. I (have) _____ a toothache so I (have to/ see) _____ the dentist.
8. I have to take medicines because I (be) _____ sick.
9. Japanese (eat) _____ more fish instead of meat, so they (stay) _____ more healthy.
10. When you (have) _____ a fever, you (should/ drink) _____ more water and rest more.
11. A healthy diet (help) _____ us feel healthier.
12. Watching TV much (h u rt) _____ your eyes.

