

## UNIT 2: HEALTH

### I. Fill in the blanks with the health problems below.

flu allergy cold sunburnt 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 \_\_\_\_\_.

### II. 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?

### III. Choose 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.

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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 more healthy.
8. Spend *more / less* time in front of screens, such as the phone, TV or computer. It's not good for your eyes.

### IV. Complete the imperatives with *more* or *less*, using the verbs in the box.

play drink eat read sleep spend watch do

1. \_\_\_\_\_ video games or your eyes will be hurt.
2. \_\_\_\_\_ fruit, vegetables or nuts because they are healthy.
3. \_\_\_\_\_ if you want to be more active.
4. If you want to improve your knowledge, \_\_\_\_\_ books.
5. \_\_\_\_\_ TV because too much TV is really bad for your eyes.
6. If you're outside on a hot day, \_\_\_\_\_ water.
7. \_\_\_\_\_ exercise, and you will feel fitter and healthier.
8. \_\_\_\_\_ time on social media, so you can focus on your tasks.

### V. Fill in the blanks with *and*, *so*, *but*, or.

1. We stayed at home \_\_\_\_\_ watched a film.
2. I want to buy a new car, \_\_\_\_\_ I don't have enough money.
3. She had a terrible headache last night, \_\_\_\_\_ she couldn't go out.
4. I eat cake, \_\_\_\_\_ I never eat biscuits; I don't like them.
5. Would you like cake \_\_\_\_\_ biscuits with your coffee?
6. My job is very interesting, \_\_\_\_\_ it doesn't pay very well.
7. We can go by bus, \_\_\_\_\_ we can walk.
8. My classmate studies very hard, \_\_\_\_\_ she always gets good marks.
9. You had better hurry up, \_\_\_\_\_ you'll be late for work.
10. The Japanese eat healthily, \_\_\_\_\_ they have high life expectancy.