

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 *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.