

Name: _____

Class: _____

Task 1: Listen and write the correct numbers.



Task 2: Complete the sentences. Write *should* or *shouldn't*.

1. You _____ eat healthy meals.
2. You _____ exercise every day.
3. You _____ watch too much TV.
4. You _____ get some rest.
5. You _____ eat too many sweets.

Task 3: Read the chart. Answer the questions. Write sentences.

	Sleeping	Eating	Exercising
Cherie	stays up late	lots of fruits and vegetables	rides bike, swims
William	sleeps 8–9 hours every night	lots of cake and biscuits	plays computer games, watches TV
Carlos	stays up late	lots of sweets	plays basketball and football

1. What should Cherie do to take better care of herself?

2. What should William do to take better care of himself?

3. What shouldn't Carlos do to take better care of himself?

Task 4: Complete the sentences. Use the words from the box.

allergies cold cut headache stomachache

1. Becky is sad because she can't eat anything. She's got a _____.
2. Daniel is sad because his eyes are sore and he can't go outside to play.
He's got _____.
3. Harry is sad because he's sneezing and he's got a fever. He's got a
_____.
4. Daisy is sad because her head hurts and she can't read. She's got a
_____.
5. Robert is sad because he fell and hurt himself in the playground.
He's got a _____ on his knee.

Task 5: Complete the sentences. Choose the correct words.

1. I drink plenty of water and take good care of **myself** / **herself**.
2. She needs more sleep. She doesn't take care of **yourself** / **herself**.
3. Jenny, Fred and I are trying to take better care of **ourselves** / **themselves**.
4. One way you can take better care of **himself** / **yourself** is to do more exercise.
5. He exercises every day. He takes good care of **myself** / **himself**.

Task 6: Write three things you should do if you've got a bad cold. Write sentences.
