

3. Put on \_\_\_\_\_ clothes or you will have the flu.
4. Go out \_\_\_\_\_ on sunny days to avoid sunburn and skin cancer.
5. Do \_\_\_\_\_ sports like biking, swimming or yoga.
6. Give up junk food and eat \_\_\_\_\_ food high in fat, salt, and cholesterol.
7. Spend \_\_\_\_\_ time with family and friends.
8. Play \_\_\_\_\_ computer games and study \_\_\_\_\_.
9. Take \_\_\_\_\_ vitamin A to strengthen your immune system.
10. Spend \_\_\_\_\_ time on TV and pay \_\_\_\_\_ attention to your siblings.

**II. Put the verbs in brackets in the correct tense form.**

1. Rob (have) \_\_\_\_\_ a headache and he needs to rest more.
2. It is important (eat) \_\_\_\_\_ well.
3. It (be) \_\_\_\_\_ very cold today. You should wear your warm clothes when you (go) \_\_\_\_\_ out to prevent cold.
4. Doing morning exercise every day and you (feel) \_\_\_\_\_ better.
5. I have a lot of homework to do this evening, so I (not have) \_\_\_\_\_ time to watch the football match.

**TEST 4**

**I. Combine the pairs of sentences to form compound sentences. Use "and, or, but, or so".**

1. You should try to eat less \_\_\_\_\_ you should get more exercise.
2. Pat's health is poor \_\_\_\_\_ she should retire.
3. Lucy wants to keep fit and look beautiful \_\_\_\_\_ she doesn't like sport or exercise.
4. Playing sport is good for our health \_\_\_\_\_ it is also fun.
5. I am very thirsty \_\_\_\_\_ I don't have any money to buy drinks.
6. The entrance test is very difficult \_\_\_\_\_ I hope I will pass it.
7. You go home now \_\_\_\_\_ your mother will punish you for staying out too late.
8. Fruits taste good \_\_\_\_\_ they are healthy for your body.
9. The food was terrible \_\_\_\_\_ the weather was awful, too.
10. Stop eating raw food \_\_\_\_\_ you will have stomachache.

**II. Use the cues given to make sentences.**

1. Alex/ like/ play/ online game/ with/ friends.  
.....
2. I/ love/ chat/ my friends/ online/ but/I / hate/ write/ emails.  
.....
3. You/ shouldn't/ eat/ too many/ oily food/ chips.  
.....
4. If/ you/ put on/ weight/ quickly/ you/ eat/ less/ eat/ healthy.  
.....
5. Play/ sports/ after work/ help/ you/ relax/ better.  
.....

**TEST 5**

**I. Put the verbs in brackets in the correct verb tense: the Present Perfect or Past Simple.**

1. Last week, my mother (take) \_\_\_\_\_ me to the zoo.
2. When we (arrive) \_\_\_\_\_ at the party, there (not be) \_\_\_\_\_ many people there.
3. My mother (say) \_\_\_\_\_ that she (buy) \_\_\_\_\_ me a new dress.
4. My family (move) \_\_\_\_\_ to Hanoi in 2000.