

UNIT 5

LESSON A

5A Imperatives

Write the imperative of the correct verb from the list to complete each sentence.

not drink drive eat exercise not sit not stay out stretch wash

HEALTH TIPS

- a good breakfast.
- too much coffee.
- in front of a computer all day.
- your body for a few minutes every day.
- late every night.
- two or three times a week.
- a car slowly.
- your hands before meals.

5A Adverbs of manner

Complete the tips with the adverb form of the adjectives in parentheses.

EXERCISE TIPS

- Breathe (deep) before you exercise.
- But don't breathe (heavy).
- Stretch your body (careful).
- Move your arms and legs (slow).
- Don't move them (quick).
- Sit (quiet) for a few minutes to relax.