

# Health and body care

**Task 1** What's the matter with these people? Look at the pictures and write the names of the illnesses.



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**Task 2** Put *must*, *mustn't*, *should*, *shouldn't* into the sentences. Then write your own four sentences using these words.

- 1 You have got a cold. You \_\_\_\_\_ stay in bed!
- 2 You \_\_\_\_\_ eat too many sweets or your stomach will hurt.
- 3 You \_\_\_\_\_ drink a lot of water.
- 4 You have got flu. You \_\_\_\_\_ go outside!

**Task 3** Complete the sentences with the words below.

paper tissues, healthy, flu, runny nose, hanky, stomach, bad tooth, towel, medicine, fit, care

- 1 Take \_\_\_\_\_ of your teeth — you don't want a \_\_\_\_\_, do you?
- 2 Tom has got \_\_\_\_\_, so he is staying in bed today.
- 3 I have got a \_\_\_\_\_. Can you give me some \_\_\_\_\_, please?
- 4 Bella needs a \_\_\_\_\_. She has got a cold.

- 5 You are ill. I will give you some \_\_\_\_\_.
- 6 Jim is so wet! Give him a \_\_\_\_\_.
- 7 Do sport and you will be \_\_\_\_\_.
- 8 Eat \_\_\_\_\_ food and you won't have a  
\_\_\_\_\_ ache.

### Reading

**Task 5** Read the letter from Lucy and then put T (true) or F (false) next to the sentences.

#### GOOD DOCTOR

Mrs Johnson is a very good doctor. She has many patients. I had a cold and a sore throat last week. My sister had a bad cough and we both had a temperature. Our parents called Mrs Johnson and she came to see us. She gave us some medicine and told us not to go to school and stay in bed for a few days. We did so and now my sister and I feel great. Mrs Johnson also gave us a magazine – "Healthy Life". I read there that it is good to do sport and eat a lot of fruit and vegetables. So, I joined a swimming club and my sister went to a volleyball club. We do exercises in the morning, like rolling, stretching our arms and touching our feet. We also eat many salads and drink a lot of water. You should do so, too. That way you will not get ill!

- 1 Mrs Johnson is a very good dentist. \_\_\_\_\_
- 2 Lucy had a sore throat. \_\_\_\_\_
- 3 Her sister had a bad cough. \_\_\_\_\_
- 4 Lucy and her sister both had a headache. \_\_\_\_\_
- 5 Lucy's grandparents called Mrs Johnson. \_\_\_\_\_
- 6 Mrs Johnson gave the girls some medicine. \_\_\_\_\_
- 7 She told Lucy and her sister to go outside  
and do some sport. \_\_\_\_\_
- 8 The magazine is called "Healthy Life". \_\_\_\_\_
- 9 Lucy reads that it is good to do sport  
and eat fruit and vegetables. \_\_\_\_\_
- 10 Lucy joined a volleyball club  
and her sister went to a swimming club. \_\_\_\_\_
- 11 The girls roll, stretch their arms  
and touch their feet in the morning. \_\_\_\_\_
- 12 They don't eat many salads  
or drink a lot of water. \_\_\_\_\_