

I. Match the common health problems with their definitions.

1.flu	a. common illness that affects the nose and/or throat, making you cough, sneeze, etc.
2.allergy	b. an abnormally high body temperature
3.cold	c. a medical condition that makes you become ill or get a rash when you eat, smell, or touch something
4.sunburn	d. the pain in the middle or inner ear
5.obesity	e. the condition of having painful red skin that is caused by staying in the sun for too long
6.earache	f. the pain in a tooth or teeth
7.toothache	g. the condition of being fat or overweight
8.fever	h. a very bad cold caused by a virus that causes fever, pains and weakness

1. ____; 2. ____; 3. ____; 4. ____; 5. ____; 6. ____; 7. ____; 8. ____

II. Match a clause in A with a clause in B to make a meaningful sentence.

1. The doctor advises him to relax more,	a. so he ate all the cakes.
2. The Americans love steak,	b. but I prefers coffee.
3. Burgers are very tasty,	c. or he will be sick.
4. My father likes tea,	d. or you'll spoil the surprise.
5. He was very hungry,	e. because he had a toothache.
6. Sam went to the dentist's,	f. and they love hamburgers, too.
7. We wanted to go to the cinema	g. although they are not very healthy.
8. Don't tell Mary about her birthday party,	h. but there weren't any seats left.

1. ____; 2. ____; 3. ____; 4. ____; 5. ____; 6. ____; 7. ____; 8. ____

III. Fill in each blank with "more" or "less".

- Your eyes look very tired. Let your eyes rest
- If you want to stay in shape, eat healthy food like fruit, vegetables or fish.
- Drink water when you have a high fever.
- If you want to lose weight, eat junk food.
- Sunbathe to avoid getting sunburnt.
- The popular thing to lose weight is "eat and exercise more."
- Stay outdoors and do physical activities. You will be healthier.
- Spend time in front of screens, such as the phone, TV or computer. It's not good for your eyes.

IV. Fill in each blank with a suitable preposition.

- Would you like to go out? - No, thanks. I'd rather stay home.
- If you're going to watch the football, you can count me I don't like football.
- I've put 2kg in the last month.

4. The Japanese eat healthily, so they live _____ a long time.
5. Sitting too close _____ the TV hurts your eyes.
6. Be careful _____ what you eat and drink.
7. She runs six miles every day to help keep herself _____ shape.
8. Watching TV too much isn't good _____ your eyes.

V. Supply the correct form of the words in brackets

1. _____ can increase the risk of heart disease and diabetes. (obese)
2. I'm _____ to shellfish, so I can't eat lobster and shrimp. (allergy)
3. I got _____ during my beach vacation. (sunburn)

VI. Write sentences, using the words given

1. She/ often/ take/ paracetamol/ if/ she/ get / bad/ headache.

2. How many calories/ you/ burn/ do/ aerobics/ 2 hours?

3. Getting/ enough/ sleep/ help/ students/ do/ their best/ the classroom.
