UNIT 2: HEALTH

Lesson 1

I. Look at the words in the box and write the suitable word for each picture.

get some sleep	eat fruit and vegetables	eat fast food	drink soda	healthy	unhealthy

1.	**2.**	**3.**
4.	**5.**	**6.**

II. Fill in the blanks with words in the box to complete the sentences.

fruit	soda	sleep	fast food	unhealthy	healthy	vegetables

1. My mom usually gives me an apple or oranges for snacking. She wants me to eat more_____.

2. It's a good idea to eat_____ like carrots and onions, with meat and fish.

3. My brother is unhealthy because he eats too much_____.

4. _____ drinks such as cola has a lot of sugar.

5. I try to get at least eight hours of_____ every night.

6. You should do more exercise to stay_____.

7. Hannah's eating habits is_____. She has sweets and soda drinks with every meal.

III. Choose the suitable word to complete the sentences.

1. I don't eat ***any/ some*** fast food.

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2. We should drink ***any/ some*** fruit juice now.

3. She doesn't do ***any/ some*** exercise today.

4. My brother can play ***any/ some*** sports such as: soccer, volleyball, badminton, table tennis…

5. She does ***many/ a little*** exercise in the morning.

6. How ***much/ any*** fruit do you eat every day?

7. We should drink ***lots of/ much*** water every day.

8. My daughter doesn't watch ***much/ many*** TV every day.

9. Tommy doesn't eat ***any/ a little*** salad every day.

10. How **much**/ many beer does your father drink every week?

Lesson 2

I. Look at the words/ phrases in the box and write the suitable word for each picture.

feel weak	have a sore throat		get some rest	take vitamins
have a fever	take medicine	stay up late	keep warm	have a stomachache

1.	**2.**	**3.**
4.	**5.**	**6.**
7.	**8.**	**9.**

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II. Fill in the blanks using the words in the box from exercise I.

1. I have no energy and can't do any work. I feel_____.

2. I feel very hot and sick. I think I have a_____.

3. The doctor told me to_____ _____ after eating, three times a day.

4. If you eat a healthy diet, you don't need to_____ _____.

5. You should wear a thick jacket and scarf to_____ _____ in winter.

6. I have a cough and a_____ _____. It hurts when I drink.

7. Many teens_____ _____ _____ to do homework or watch TV. That's bad for their health because they won't get enough sleep.

8. You look tired. You should_____ _____ _____.

9. My little daughter ate some strange seafood at the restaurant yesterday. So she _____ _____ _____now.

III. Use should/ shouldn't to complete the sentences.

1. She has a toothache. She ***should/ shouldn't*** eat so much candy.

2. I have a headache. I ***should/ shouldn't*** take some medicine.

3. Mary wants to lose weight. She ***should/ shouldn't*** eat junk food more.

4. What **should** I do to lose weight? - You ***should/ shouldn't*** eat more fruit and vegetables.

5. You look very tired. You ***should/ shouldn't*** get some rest.

6. Linda has a stomachache. - She ***should/*** *shouldn't* drink so much soda.

7. I feel tired. You ***should/ shouldn't*** take a rest and sleep enough.

8. I have a sore eye. You ***should/ shouldn't*** play a lot of video games.

9. I am putting on weight. You ***should/ shouldn't*** do more exercise.

10. This food contains a lot of fat and sugar. You ***should/ shouldn't*** eat too much.

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