

MAKING SUGGESTIONS

What would you say to these people? Match the situations with the suggestions.

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| 1. Your sister always eats burgers and pizza. | ___ If I were you, I'd join a sport club. |
| 2. Your friend wants to get more exercise. | ___ Why don't you take a vacation? |
| 3. Your little brother drinks soda for breakfast. | ___ You shouldn't eat junk food. It's bad for your health. |
| 4. Your father is always tired. | ___ You'd better drink some orange juice. It's healthier. |
| 5. Your mother wants to lose weight. | ___ You should go on a diet. |

Complete the chart with the verbs from the box. Then mark each habit as healthy or unhealthy.

spend go get play do eat drink

	Healthy	Unhealthy
1. _____ to bed very late		
2. _____ a good night's sleep		
3. _____ sugary foods		
4. _____ less time working		
5. _____ exercise every day		
6. _____ lots of water		
7. _____ games for long hours.		

Look at the pictures. Give advices for these people and their habits. Select the correct option.



1. You look tired and stressed out _____ get a good night sleep.

2. _____ I'd spend less time working.



3. The doctor said you _____ eat sugary food,

4 and you _____ drink lots of water.



5. In my opinion, kids _____ play games for long hours.

6. They _____ do exercise every day. It's healthier.