

Unit 3 – Common illnesses

A healthy lifestyle

1 Choose 'Healthy' or 'Unhealthy'.

a) Watch TV all weekend. 

b) Sleep 9 hours. 

c) 5 hours of screen time.



d) Wash your hands. 

e) Swim. 

f) Sleep after using the computer.

g) Exercise. 

2 Match the sentences to the pictures.

You should limit screen time to 2 hours a day

If someone is choking, hit them firmly on the back

It's important to give babies vaccinations to prevent serious illnesses

