

**FILL IN THE BLANKS WITH THE RIGHT FORM OF THE VERB IN BRACKETS EITHER INFINITIVE OR GERUND.**

Dad must give up \_\_\_\_\_ unhealthy food. He is getting a bit overweight. (EAT)

We couldn't avoid \_\_\_\_\_ into him on our way to town. (BUMP)

I'm fed up with \_\_\_\_\_ my little brother to school every day. He is old enough \_\_\_\_\_ alone. (TAKE, GO)

I stopped \_\_\_\_\_ lunch in the school cafeteria because it didn't taste good anymore. (HAVE)

Mom, I'm tired of \_\_\_\_\_ the same things all the time. Can't you make something different for a change? (EAT)

I would like \_\_\_\_\_ a picnic next weekend (HAVE)

Remember \_\_\_\_\_ your medicine (TAKE)

I tried \_\_\_\_\_ on a diet, but I didn't lose any weight. (GO)

I'm so bad at \_\_\_\_\_ people's names. (REMEMBER)

I decided \_\_\_\_\_ to your advice. (LISTEN)

## FILL IN THE BLANKS WITH THE CORRECT WORD

To smoke	Must not	Must
Should	Smoking	Might (X2)

There are several considerations a pregnant woman \_\_\_\_\_ take into account. A woman does not have \_\_\_\_\_ during pregnancy since it is really bad for babies' health. When a woman smokes, she inhales over 4,000 chemicals from the cigarette. One of these is a dangerous chemical is called carbon monoxide. CO<sub>2</sub> gets into bloodstream and replaces some of the oxygen present in blood. This means that babies cannot get enough oxygen which is essential for their healthy growth and development, and because cigarettes restrict oxygen supply, The heart has to beat harder every time the mother smokes. \_\_\_\_\_ can also cause a greater risk of miscarriage and stillbirth (death inside the womb). Besides, the baby \_\_\_\_\_ be born prematurely and with a low birth weight. Children of smokers \_\_\_\_\_ also get ear infections, asthma, learning disorders and behavioral problems and chest infections. They could also become smokers as they get older. These are some reasons why a pregnant person \_\_\_\_\_ smoke.

These are some other actions that a woman \_\_\_\_\_ do during pregnancy:

- ✓ Take a prenatal vitamin.
- ✓ Exercise regularly.
- ✓ Write a birth plan.
- ✓ Change chores (avoid harsh or toxic cleaners, heavy lifting)
- ✓ Track weight gain (normal weight gain is 25-35 pounds)
- ✓ Get comfortable shoes.
- ✓ Eat folate-rich foods (lentils, asparagus, oranges, fortified cereals)

### LISTEN TO THE RECORDING AND ANSWER THE QUESTIONS

A person \_\_\_\_\_ miss breakfast

Sugary food \_\_\_\_\_ be eaten during breakfast

Low fat proteins \_\_\_\_\_ be eaten to have energy during more time

A person \_\_\_\_\_ drink at least 2 liters of water every day

According to the expert, a person should drink \_\_\_\_\_ glasses of water every day

According to the expert, government recommends adults to get \_\_\_\_\_ minutes of exercise  
a day

According to the expert, adults should sleep from \_\_\_\_\_ hours