

# 1 Choose the correct words to complete the sentences.

To be healthy ...

- 1 you *should* / *shouldn't* sleep eight or nine hours every night.
- 2 you *should* / *shouldn't* drink lots of water.
- 3 you *should* / *shouldn't* go to bed late.
- 4 you *should* / *shouldn't* exercise four or five times a week.
- 5 you *should* / *shouldn't* eat too much chocolate or cake.
- 6 you *should* / *shouldn't* eat lots of fish, fruit and vegetables.

# 2 Complete the sentences with the phrases in the box.

eat so much chocolate      go to bed  
drink lots of water      study hard tonight  
sit down      play tennis this afternoon

- 1 A: I've got a pain in my right arm.  
B: You *shouldn't* \_\_\_\_\_.
- 2 A: I'm very tired and it's late.  
B: Then you *should* \_\_\_\_\_, Sam.
- 3 A: My foot hurts.  
B: You *should* \_\_\_\_\_ for a while.
- 4 A: I feel sick.  
B: Well, you *shouldn't* \_\_\_\_\_!
- 5 A: I've got a difficult maths exam tomorrow.  
B: You *should* \_\_\_\_\_.
- 6 A: Sarah's got a terrible cold.  
B: She *should* rest and \_\_\_\_\_.

# 3 Read the sentences. Select only right advice.

To improve your English ...

- 0 you *should* read books in English. ✓
- 1 you *shouldn't* talk to people from English-speaking countries. ....
- 2 you *should* listen to music in English. ....
- 3 you *should* watch films in English. ....
- 4 you *shouldn't* practise pronunciation. ....
- 5 you *should* only study at weekends. ....

