

Choose the correct option to complete each sentence:

You _____ consult with your doctor before starting any new exercise routine.

- a) should b) should have

Last year, I _____ a bad cold, so I had to stay home from work for a week.

- a) had b) should have

It's important to _____ a balanced diet to maintain good health.

- a) eat b) ate

He _____ have eaten so much junk food yesterday; now he's feeling sick.

- a) shouldn't b) shouldn't have

She _____ drink plenty of water every day to stay hydrated.

- a) must b) must have

We _____ go for a walk after dinner to get some exercise.

- a) should b) should have

The doctor said I _____ take these antibiotics three times a day until they're finished.

- a) must b) must have

He _____ go to bed earlier if he wants to feel more rested in the morning.

- a) should b) should have

Choose the correct option to complete the text:

Last month, Sarah **had / must have** a fever, so she stayed home from work and rested. She should **listen / have listened** to her body's signals earlier, as she ended up getting sick. Now, she knows that she **should / should have** prioritize her health and not ignore any symptoms. She also **must take / should have taken** vitamins regularly to boost her immune system. It's important for everyone to **have eaten / eat** a balanced diet, exercise regularly, and get enough sleep to maintain good health. Remember, we **might / must** take care of our bodies to stay healthy and prevent illness.