

GRADE 7 - UNIT 2 - LESSON 1

Exercise 1. Rearrange the words and phrases to make simple sentences.

1. soft drinks / never / my sister / drinks /.

2. affects / acne / 80% of young people /.

3. has / he / for breakfast / bread and eggs /.

4. don't eat / we / much fast food /.

5. a lot of vitamins / fruit and vegetables / have /.

Exercise 2. Write a simple sentence from the two given sentences.

Example:

0. *Many people are running. Many people are exercising.*

=> **Many people are running and exercising.**

1. We avoid sweetened food. We avoid soft drinks.

=> We avoid _____.

2. My dad loves outdoor activities. I love outdoor activities.

=> My _____ love outdoor activities.

3. You should wear a hat. You should wear sunscreen.

=> You should wear _____.

4. My mother read the health tips. My mother downloaded the health tips.

=> My mother _____.

Exercise 3. Put the verbs in brackets in the correct tense form

1. Nam looks brown. He was on holiday last week. He _____ (get) sunburnt

2. Getting plenty of rest is very good. It _____ (help) you to avoid depression

3. The Japanese _____ (eat) a lot of fish so they are very intelligent.

4. If you wash your hands more, you _____ (have) less chance of catching flu

5. Eating carrots regularly _____ (help) you see better.

6. It is very hot outside. Please _____ (wear) a sun hat when you go out.

7. Do more exercise and you _____ (feel) healthier.

8. I don't want _____ (be) tired tomorrow so I go to bed early

9. Nowadays, I don't feel well. I often _____ (feel) sick and weak.

10. People who _____ (smile) more are happier and they live longer.