Health problems



1. Mark's Headache

"Today, I have a bad headache. If I don't drink enough water, it will get worse. My doctor said that if I rest and take medicine, I will feel better by tomorrow. So, I'll drink more water and take my medicine soon."



2. Sam's Cold

"I have a cold because I didn't wear my jacket yesterday. If I don't stay warm, I will get sicker. My mom told me if I drink hot tea and sleep a lot, I will recover faster. I think I'll stay home and rest today."



3. Emmanuel's Toothache

"I have a toothache today. If I don't go to the dentist, it will hurt more. My friend said if I brush my teeth every day, I won't have this problem again. So, I will call the dentist and make an appointment now."

1. What will happen if Mark doesn't drink enough water?
   a) He will feel better.
   b) His headache will get worse.
   c) He won't take medicine.
2. What will happen if Mark rests and takes his medicine?
   a) He will feel worse.
   b) He will have a cold.
   c) He will feel better by tomorrow.
3. What will happen if Sam doesn't stay warm?
   a) He will get sicker.
   b) He will feel better.
   c) He won't have a cold.
4. What does Sam think will happen if she drinks hot tea and sleeps a lot?
   a) He will get a toothache.

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b) He will recover faster.
c) He will get a headache.

5. What will happen if Emmanuel doesn't go to the dentist?
   a) His toothache will hurt more.
   b) He won't have a toothache again.
   c) He will feel better.

Use the information from the reading passages about Mark, Sarah, and Emma to complete the sentences. Remember to use the first conditional structure.

1. If Mark doesn't drink enough water, his headache _____.
2. If Mark rests and takes his medicine, he _____ by tomorrow.
3. If Sarah doesn't stay warm, she _____.
4. If Sarah drinks hot tea and sleeps a lot, she _____ faster.
5. If Emma doesn't go to the dentist, her toothache _____.
6. If Emma brushes her teeth every day, she _____ this problem again.

Complete the sentences by conjugating the verbs in parentheses. Use the first conditional to talk about health problems and solutions.

1. If I _____ (drink) more water, my headache _____ (go) away.
2. If Sarah _____ (rest) today, she_____(feel) better tomorrow.
3. If Emma _____ (not visit) the dentist, her toothache_____ (get) worse.
4. If you _____ (take) medicine, your cold _____ (improve) quickly.
5. If Mark _____ (not eat) healthy food, he _____(feel) tired all day.
6. If we _____(exercise) regularly, we _____ (stay) healthy.
7. If they _____(not sleep) enough, they _____ (get) sick.
8. If I _____ (see) a doctor, my cough _____(disappear).

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