

Unit 2

Health

LESSON 2

- review giving advice about healthy lifestyles
- use "should" and "shouldn't"



New Words

a. Unscramble the words and phrases.



1 EELF EAWK

F E E L

W E A K

2 KATE AVITNISM

3 PEEK MRWA

4 EORS TATOHR

5 RFVEE

6 KETA CMENDEII

7 AYST PU LEAT

8 EGT OESM STER

b. Fill in the blanks using the words from Task a.



1. I have no energy and can't do any work. I _____ feel _____ weak _____.

2. I feel very hot and sick. I think I have a _____.

3. The doctor told me to _____ after eating, three times a day.

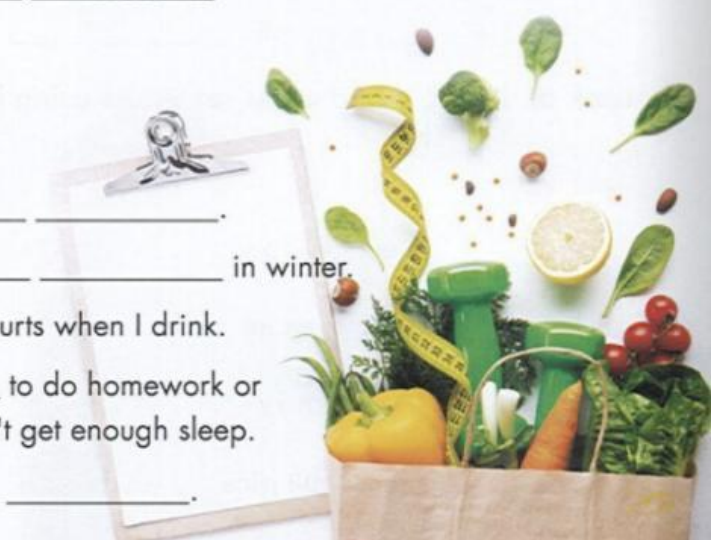
4. If you eat a healthy diet, you don't need to _____.

5. You should wear a thick jacket and scarf to _____ in winter.

6. I have a cough and a _____. It hurts when I drink.

7. Many teens _____ to do homework or watch TV. That's bad for their health because they won't get enough sleep.

8. You look tired. You should _____.



Listening

a. Listen to two children talking at school. Who has a healthier lifestyle?



1. Brenda

2. Pete



b. Now, listen and circle A, B, or C.



1. Pete has...
A. a headache. B. a sore throat. C. a stomachache.
2. Pete does...
A. a lot of exercise. B. a little exercise. C. no exercise.
3. Brenda eats...
A. some junk food. B. no fresh fruit. C. a lot of salad.
4. Pete eats...
A. a lot of salad. B. a little salad. C. no salad.
5. Pete should...
A. do more exercise. B. eat more junk food. C. watch less TV.



Grammar Unscramble the sentences.



1. I have a sore throat. shout/much./You/so/shouldn't
You shouldn't shout so much.
2. I feel weak. take/should/You/vitamins./some

3. I have a stomachache. You/medicine./take/should

4. I have a fever. a/see/doctor./You/should

5. I'm always watching TV. should/exercise./do/You/more

Writing Read Lily and Jacob's health problems. Use *should* and *shouldn't* to give them your advice. Write full sentences.



Lily feels sick today. She has a cough and a sore throat. She eats a little fruit and vegetables every day. She sleeps five hours a night. She watches a lot of TV.

Lily should get some rest.

Jacob feels weak. He has a stomachache and feels sick. He doesn't eat breakfast. He eats a lot of fast food and drinks soda every day.

Jacob
