

**1**  Listen to three adverts and complete the sentences.

Vitabix is good for you if you do a lot of exercise.

- 1 You should take it when you go to the \_\_\_\_\_.
- 2 You should take it when you feel \_\_\_\_\_.
- 3 You can get headaches when you spend too much time on your \_\_\_\_\_.
- 4 A VitB bar will help your \_\_\_\_\_ disappear.
- 5 This cream can take the pain away and it \_\_\_\_\_ good.
- 6 You \_\_\_\_\_ buy some of this cream and give it to your mum.
- 7 The cream is called \_\_\_\_\_ Cream.

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**2** Read the text and answer the questions.

Chemists can suggest which medicine or painkillers you should take.

- 1 They can tell you if you should \_\_\_\_\_.
- 2 Chemists sell medicines and other things like \_\_\_\_\_.
- 3 Some chemists have notices about \_\_\_\_\_.
- 4 After 5.30 in the afternoon, most chemists are \_\_\_\_\_.
- 5 Sometimes chemists close for one \_\_\_\_\_.
- 6 If you need a chemist on Sunday, look \_\_\_\_\_.
- 7 You must see a doctor if your health \_\_\_\_\_.

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**High Street Help**

What do you do when you wake up and you don't feel well? You've got a sore throat and a headache. You feel sick and you can't go to school. Well, you don't always have to go to the doctor for help. First, you should visit your local chemist. You can go to them and ask for advice. Chemists will listen to you and suggest what pain killers or medicine you should take. They can tell you if you should stay at home or if you should see a doctor. They sell all kinds of painkillers and medicine so they should have something that you need.

Chemists don't only sell medicines. They also sell products such as shampoo, soap and perfume. They sometimes have a notice board on the wall where you can read notices about local exercise classes and clubs. We all know that we should eat healthy food and that we should exercise regularly, but we don't always do it!

Most chemists are open from Monday to Saturday from nine in the morning until 5.30 in the afternoon. They sometimes close for lunch from one until two, and in small towns they often close for one afternoon a week. But there's always a chemist open in your area. Phone 098 558723 to find out which chemist in your area is open in the evening and on Sunday. Or you can look at the list in your chemist's shop window.

Chemists are qualified professionals. They can give you professional advice and save you a trip to the doctor. However, they aren't doctors and if a baby is ill, or you have a serious health problem, you must call your doctor immediately.

**3 Complete the sentences. Use *should* or *shouldn't* and the correct form of the verbs in brackets.**

Children should eat (eat) a lot of fruit and vegetables.

- You \_\_\_\_\_ (go) to bed late.
- When it's cold you \_\_\_\_\_ (wear) a warm coat.
- We \_\_\_\_\_ (get) a taxi because we're late.
- You \_\_\_\_\_ (spend) all day at the computer.
- I \_\_\_\_\_ (visit) the dentist every six months.
- Paul \_\_\_\_\_ (do) some exercise.
- You \_\_\_\_\_ (swim) in the sea in December. It's too cold!

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**4 Choose the correct words.**



You **must / mustn't** stay out of this room.



1 You **must / mustn't** touch the statue.



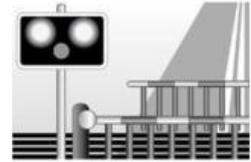
2 You **must / mustn't** take off your shoes.



3 You **must / mustn't** play football here.



4 You **must / mustn't** turn right.



5 You **must / mustn't** stop.



6 You **must / mustn't** use your mobile phone here.



7 You **must / mustn't** wear a seatbelt.

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**5 Write the words under the correct heading.**

be rude to people    be polite to your teachers  
 be late for school    tidy your room every day  
 park your car on the pavement  
 touch paintings in art galleries  
 eat lots of fruit and vegetables  
 go to hospital if you have a cold

<i>must</i>	<i>mustn't</i>	<i>don't have to</i>
	<i>be rude to people</i>	

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**6 Complete the words.**



She's got a sore  
throat.



1 He f\_\_\_\_\_ s\_\_\_\_\_.



2 He's got a s\_\_\_\_\_  
k\_\_\_\_\_.



3 She's got  
t\_\_\_\_\_.



4 His back h\_\_\_\_\_.



5 I don't f\_\_\_\_\_ w\_\_\_\_\_.



6 He's t\_\_\_\_\_.



7 She's t\_\_\_\_\_.

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**7 Match phrasal verbs 1–7 with words A–H.**

- get off* — A something you've lost  
 1 look for B a train  
 2 sit down C a book from your bag  
 3 take out D the phone  
 4 pick up E a sweatshirt  
 5 look at F the television  
 6 switch off G a painting  
 7 try on H on a chair

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**8 Complete the sentences. Choose from these words.**

meet get be have enjoy put run eat

**Finn** I want to join the swimming club. You don't have to be a good swimmer but you must (1) \_\_\_\_\_ swimming.

**Molly** I love swimming. What do we have to do?

**Finn** Well, we must (2) \_\_\_\_\_ our name on this list. And then we should (3) \_\_\_\_\_ at the swimming pool at 6.00 on Thursday.

**Molly** Are there any rules?

**Finn** Let's see. You mustn't (4) \_\_\_\_\_ along the side of the swimming pool. You mustn't (5) \_\_\_\_\_ or drink in the pool, of course. And you must (6) \_\_\_\_\_ a shower when you come out of the pool. That's normal. Oh, and you must (7) \_\_\_\_\_ a key for your locker.

**Molly** Great! That's fine. Let's join.

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