

Vocabulary

Health

1 Choose the correct alternatives.

- 1 How can I *stay/eat* healthy?
- 2 Don't buy a burger again for lunch. You need to *do/eat* well.
- 3 How much does it cost to *join/keep* a gym?
- 4 Ssh! *Go/Keep* to sleep, it's late!
- 5 We *walked/moved* around the shops for an hour or two.
- 6 What do you do to *do/keep* fit?
- 7 *Stand/Sit* down and make yourself comfortable.
- 8 I need to *have/do* some exercise. I might go running.

2 Match the sentence halves.

- 1 I want you to stand ____
 - 2 It's only one floor; let's walk ____
 - 3 We always eat ____
 - 4 Do you go ____
 - 5 Playing sport is a good way to do ____
 - 6 At work, try to move ____
 - 7 Try not to sit ____
 - 8 Running is an excellent way to keep ____
- a up the stairs.
b down all day.
c fit.
d up and find a partner.
e around every hour or so.
f well – lots of salad and vegetables.
g to sleep as soon as you go to bed?
h some exercise.

3 Complete the conversations with the missing words.

- 1 A: How do you keep _____?
B: I try to _____ some exercise every day, like sport or running.
A: I don't like either of those.
B: Well, why don't you join a _____?
- 2 A: I sit _____ at my desk all day.
I don't think it's good for me.
B: Yes, you're right. Why don't you stand _____ and walk around more often?
A: I forget to do that.
B: You can use this app, look. It reminds you to do it every hour. I use it and I move _____ much more every day.
A: Nice! That's how you manage to stay _____ then?
B: Yes, and I eat _____.

Grammar

should/shouldn't

4 Match problems 1–8 with advice a–h.

- | | |
|---------------------------------------|--------------------------------|
| 1 I'm bored. | a You should take an umbrella. |
| 2 I haven't got any money. | b You should watch a film. |
| 3 I need to get there quickly. | c You should join a club. |
| 4 It's raining. | d You should go to bed early. |
| 5 I'm always tired. | e You should have lessons. |
| 6 I've got a big exam next week. | f You should get a job. |
| 7 I haven't got any friends. | g You should study. |
| 8 I want to learn to play the guitar. | h You should take a taxi. |



5 Complete the sentences with *should* or *shouldn't*.

- 1 You _____ eat lots of sugar. It's bad for you.
- 2 What time _____ we leave? I don't want to arrive late.
- 3 You _____ study for your exam next week. It's important.
- 4 You _____ watch TV in bed. It doesn't help you sleep.
- 5 She's always tired. She _____ go to bed so late.
- 6 You _____ take a coat. It's cold outside.
- 7 You _____ stay out so late when you have school the next day.
- 8 _____ we take a bus or a train?

6 Correct the mistake in each sentence.

- 1 We should ~~to~~ take a present to the party.
- 2 Should I calling Simone?
- 3 You shouldn't talking to Richard like that.
- 4 Do we should leave early?
- 5 You shouldn't to eat so fast.
- 6 She should doing more exercise.
- 7 Should I to ask Ines?
- 8 I shouldn't ate so much.