

## Prepare 6. Unit 13. Healthy Bodies

### Vocabulary

#### Task 1

Write the missing words in the sentences.

- 1 Don't go to the doctors with a ..... – just have some hot honey and lemon.
- 2 You've got a ..... in your foot. Don't walk on it.
- 3 Oh my head! I've got a really bad ..... . I need to go to bed.
- 4 I really need to see the dentist. I've got .....
- 5 I think I've got a ..... arm. I'm going to hospital.
- 6 I don't know what's wrong but I don't feel .....
- 7 I need to do more exercise to get .....
- 8 You feel very hot. You've got a .....

#### Task 2

Choose the right word to complete the sentences.

- 1 Oh no! I've got a stomach *hurt / cold / ache*.
- 2 I'm going to get *fit / sick / broken* because I want to run in the race.
- 3 I don't feel well and I've got a *sick / temperature / hurt*.
- 4 I don't know what's wrong but my eye *hurts / sick / pain*.
- 5 Can I stop and have a *fit / race / rest* please?
- 6 It's a good idea to *enter / fit / eat well* and join a gym.
- 7 I think I ran too fast. I feel *sick / hurt / broken*.
- 8 It's a good idea to drink lots of water for a *hurt / cold / pain*.

### **Task 3**

Complete the health phrases with the words in the box.

a-race    a rest    fit    healthy    some exercise  
some exercises in a gym    well

- 1 enter / do ..... *a race* .....
- 2 get / do ..... .....
- 3 feel / stay ..... .....
- 4 have / take ..... .....
- 5 do / try ..... .....
- 6 eat / sleep ..... .....
- 7 get / keep ..... .....

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### **Task 4**

Choose the correct options.

- 1 I need to do / stay some exercise.
- 2 What do you do to *sleep* / *keep fit*?
- 3 I want to *have* / *do* some exercises in a gym.
- 4 I hurt my leg, so I didn't *enter* / *go* the race.
- 5 Did you *sleep* / *stay well*?
- 6 It's important to *make* / *stay* healthy.
- 7 I'd like to *go* / *have* a rest but I can't.

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### **Task 5**

Put the words in the correct order to make sentences.

1 you / did / your / hurt / arm?

Did you hurt your arm?

2 didn't / I / sleep / last / well / night.

3 He / wants / to / fit. / get

4 It's / eat / important / well. / to

5 I'm / rest. / I / tired; / a / need / to / have

6 stay / do / How / healthy? / you

7 She / went / her leg / to hospital. / hurt / and

8 you / Have / stomach / a / got / ache?

9 feel / healthy. / very / don't / I

10 exercise. / some / get / You / should

## Task 6

Complete the sentences with the words in the box.

There is one extra word.

cold	enter	exercise	exercises
fit	get	have	pain
race	sick	temperature	

- 1 It's important to get some ..... *exercise* ..... every day.
- 2 I did a 10-km ..... yesterday and I won!
- 3 I've got a ..... in my foot.
- 4 My forehead feels very hot. I think I've got a .....
- 5 He ate too many sweets and now he feels .....
- 6 I've got a ..... Should I see the doctor?
- 7 I go running every day to keep .....
- 8 I need to get fit if I want to ..... the race.
- 9 I tried some ..... in the gym, but they were too difficult.
- 10 Can we ..... a rest when we get to the top of the mountain?

## Grammar

### Task 1

Choose the right word to complete the conversations.

- 1 **A:** My friends failed their exams. What should they do?  
**B:** They *should* / *shouldn't* study more.
- 2 **A:** Should I take this medicine?  
**B:** No, you *should* / *shouldn't*.
- 3 **A:** I want to make some new friends. Should I join a club?  
**B:** Yes, you *should* / *shouldn't*.
- 4 **A:** I've got a cold.  
**B:** You *should* / *shouldn't* put on a jumper.
- 5 **A:** Should my brother buy a fast car?  
**B:** He *should* / *shouldn't*. They are very expensive.
- 6 **A:** I'm going to a party tonight. What *should* / *shouldn't* I wear?  
**B:** What about your new dress?
- 7 **A:** I want to get fit. Should I do more exercise?  
**B:** Yes, you *should* / *shouldn't*.
- 8 **A:** My leg hurts. Should I enter the race?  
**B:** No, you *should* / *shouldn't*.

## **Task 2**

Complete the sentences with the words in brackets in the correct form.

- 1** It's my mum's birthday next month. What ..... (should / buy) her?
- 2** He feels tired. ..... (should / go) to bed early.
- 3** I've got an exam tomorrow. ..... (should / go) out tonight?
- 4** My brother and sister don't know what to do at the weekend. ..... (should / have) a party?
- 5** To be healthy, you ..... (should not / eat) lots of chocolate.
- 6** To improve your English, ..... (should / study) every day.
- 7** I've hurt my leg. What ..... (should / do)?
- 8** Do you feel sick? ..... (should not / eat) lots of cake.

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