

2) Complete the following tips to take care of your health with should and shouldn't.

## 5 TIPS TO A HEALTHIER LIFE

1. When you aren't feeling well you \_\_\_\_\_ go out.  
With the help of a thermometer you \_\_\_\_\_ check if  
you have a temperature, then you \_\_\_\_\_ call a doctor.



2. When you have a simple cold, you \_\_\_\_\_ drink  
cold drinks. Instead, you \_\_\_\_\_ drink some hot tea  
and lots of water.



3. When you have a cough, you \_\_\_\_\_ smoke! It will  
only make your throat sore.



4. When you go out on an adventure with your friends,  
you \_\_\_\_\_ take some first aid kits with you.

5. If you wear glasses and have headaches. You  
\_\_\_\_\_ ignore it. Instead, you \_\_\_\_\_ go to the  
doctor's. Maybe you need a pair of new glasses.

