

ENGLISH ID 2 UNIT 1.4

1.4. What shouldn't you do to stay healthy?



Everybody needs a little break sometimes.

Maybe you feel stressed, maybe you have to care for your children, maybe you went out late last night or maybe it's a beautiful sunny day and you just don't want to work. Whatever your reason, here is our step-by-step guide to taking a day off work, but don't tell your boss that you read this article!

2 Read the rest of the article and match the headings to each paragraph. There is one extra heading. Then put them in the correct order, 1–4.

Going back to work

Inform your boss

Party time!

Preparation

Your time off

a

Now you are free to enjoy your time off. But be careful! If your phone rings, be careful how you answer it, it might be your boss. And if you have a lot of fun, NEVER post it on social media! In fact, it's a good idea to stay at home.

b

Remember to look ill when you return to the office. Watch a late-night movie so you go to work looking tired. Put a box of painkillers or cough medicine on your desk so that everyone can see it. REMEMBER! Never take medicine if you don't really need it, or you will really get sick. And your boss will get suspicious if you take more time off!

c

Call your boss early in the morning. Your voice will sound bad and they will be getting ready for work so they won't have time to ask any difficult questions. Keep the conversation short. Don't give too many details, but be ready to answer any questions.

d

Choose your illness carefully and be sure you know the right symptoms. We recommend a stomachache for a short break, and flu or a bad headache if you need more time. Try to choose something contagious so that your boss doesn't want you in the office. A few days before you plan to be "sick", start to show symptoms. A loud cough is easy to do and will get attention. You can also say that you hurt in various places, but you should try not to be too specific.



3 ▶1.7 Based on the article, give advice with **should** / **shouldn't**. Follow the model.

Model: *Investigate the symptoms.*

Model: *Give details.*

You: *You should investigate the symptoms.*

You: *You shouldn't give details.*

Think about and write in your workbook and send your answers to your teacher.

4 Complete the advice with **should** or **shouldn't**.

- a You _____ take a day off on Mondays or Fridays. Long weekends are suspicious.
- b If you can, you _____ get a letter from a doctor.
- c You _____ take time off when your work is very busy—you will be unpopular with your colleagues.
- d You _____ play dangerous sports. If you break your arm it will be difficult to explain!
- e You _____ go to work when you have a bad cold unless the doctor tells you to.

5  1.8 Read these sentences aloud and listen to check your pronunciation.

- a You **shouldn't** wear **shoes** in the house. c How did you **cook** this **soup**?
- b **Put two** painkillers in a glass of water. d This **book** is a **true** story.

6 Put the **bold** words in 5 in the correct column according to the sound of the underlined letters. Listen again to check.

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7  **Make it personal** What advice would you give to someone to stay healthy? Write five pieces of advice.

Think about and write in your workbook and send your answers to your teacher.