

## UNIT 2: HEALTHY LIVING

**Exercise 1.** Complete the sentences with the words given.

1. I / want / buy / suitable / kind / suncream / my skin.

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2. Walking / school / also / way / exercising.

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3. Don't / touch / face / dirty hands.

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4. You / get sunburnt / recently?

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5. My brother / my sister / love / outdoor activities.

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6. I / want / become / fitter / healthier.

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7. Vegetables / good / food.

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8. I / need / eat / fruit and vegetables.

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9. You / wear / warm clothes / drink / hot milk / when / you / get cold.

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10. Careful / what / you eat / drink.

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**Exercise 4.** Rewrite the following sentences based on the given words.

1. Doing outdoor activities is very good. (**It**)

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2. You should wash your hands often. (**better**)

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3. I prefer drinking fruit juice to soda. (**rather**)

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4. Poor sleep negatively affects our brain. (**effect**)

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5. Lack of vitamin c in your diet can lead to scurvy including bruising and bleeding easily. (**cause**)

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6. My mother often spends two hours doing yoga. (**takes**)

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7. Men should stop smoking. (**give**)

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8. I'm rather thin. What should I do to gain weight? (**on**)

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9. Your sister is active, and your brother is active too. (**Both**)

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10. Wash your hands regularly to prevent some diseases. (**can**)

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