

UNIT 2: HEALTHY LIVING

Exercise 1. Complete the sentences with the words given.

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

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

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

4. You / get sunburnt / recently?

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

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

7. Vegetables / good / food.

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

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

10. Careful / what / you eat/ drink.

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

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

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

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

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

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

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

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

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

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

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