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)**

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_____

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)**

_____

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