

HEALTHY BEHAVIOURS SHOULD / SHOULDN'T



Choose the correct words to complete the sentences.

To be healthy...

- You should / shouldn't sleep eight or nine hours every night.
- You should / shouldn't drink lots of water.
- You should / shouldn't go to bed late.
- You should / shouldn't exercise four or five times a week.
- You should / shouldn't eat too much chocolate or cake.
- You should / shouldn't eat lots of fish, fruit and vegetables.

Complete the sentences with the phrases in the box.

eat so much chocolate, go to bed,
drink lots of water, study hard tonight,
sit down, play tennis this afternoon



A: I've got a pain in my right arm.

B: You shouldn't _____.

A: I'm very tired and it's late.

B: Then you should _____, Sam.

A: My foot hurts.

B: You should _____ for a while.

A: I feel sick.

B: Well, you shouldn't _____!

A: I've got a difficult maths exam tomorrow.

B: You should _____.

A: Sarah's got a terrible cold.

B: She should rest and _____.