

1 Listen and write. Check your spelling. Then answer with a friend.



Which are illnesses?



2 Read and complete. Then match. Do get How often

1 \_\_\_\_\_ you  
drink enough water?

a I do exercise five times a week.

2 \_\_\_\_\_ often  
do you see a doctor?

b I don't think so. I get  
seven hours a night.

3 How  
do you do exercise?

c Yes, I drink seven glasses a day.

4 Do you  
enough sleep?

d I see a doctor  
once a year.

Grammar  
Heroes



**3 Read, choose and write.**

cold cough feel headache neck throat dizzy

**Martina:** Mum, I don't 1 feel well. I have a sore

2 \_\_\_\_\_ and listen... I have a 3 \_\_\_\_\_.

**Mum:** Poor you! I think you have a 4 \_\_\_\_\_.

**Martina:** My 5 \_\_\_\_\_ hurts, and I feel 6 \_\_\_\_\_, too.  
Can I watch TV?

**Mum:** No, you can't, Martina. Too much screen time can give you a 7 \_\_\_\_\_.

I don't  
feel well.



**4 Read and write a letter a-e.**

1 **Teacher:** What's the matter?

**David:** c

2 **Teacher:** Oh, no. Do you have a stomach ache?

**David:** \_\_\_\_\_

3 **Teacher:** Do you have a headache?

**David:** \_\_\_\_\_

4 **Teacher:** Do you drink enough water?

**David:** \_\_\_\_\_

5 **Teacher:** \_\_\_\_\_

a No, I don't. My stomach feels OK.

b I don't know. I drink two glasses a day.

c I don't feel well.

d That's not enough. Drink this glass of water.

e Yes, I do. My head hurts.

**5 Write one healthy thing that you do!**

I often \_\_\_\_\_

