

WORKSHEET UNIT 1 LEVEL 3

Complete the sentences about Nancy's morning routine. Use the words in parentheses. Use the correct simple present form of the verb.

1. I never have much time in the morning. (have, never)
2. I _____ a quick shower and wash my hair. (take, always)
3. I _____ fast. (get dressed, usually)
4. My breakfast _____ some fruit and toast. (be, often)
5. I _____ coffee or tea. (drink, rarely)
6. After breakfast, I _____ my teeth. (brush, always)
7. I _____ my apartment at 7:30 A.M. (leave, usually)
8. My hair _____ still wet from the shower. (be, sometimes)
9. I _____ late for the bus. (be, almost never)

LISTENING

A ▶06-14 Listen to the sports show. What topic are the people talking about?

- ☐ famous soccer players
- ☐ gymnastics
- ☐ injuries in sports

B ▶06-15 Listen again. Which injuries are common in soccer? in gymnastics? Check the correct columns.

	Soccer	Gymnastics
Knee injuries	☒	☒
Ankle injuries	☐	☐
Back injuries	☐	☐
Shoulder injuries	☐	☐
Arm injuries	☐	☐
Hand injuries	☐	☐



Jack sprained his ankle. Read the instructions from his doctor. Then complete the sentences. Use *should* or *shouldn't* + the verb in parentheses.

1. Jack should keep
(keep) his ankle up high.
2. His ankle _____
(be) higher than his chest.
3. He _____
(put) ice on his ankle.
4. He _____
(keep) the ice on his ankle all the time.
5. He _____
(watch) a video on the medical center website.
6. The bandage _____
(stay) on his ankle for more than 36 hours.
7. He _____
(walk) on his sprained ankle.
8. He _____
(call) his doctor if he has questions.

Treating a Sprained Ankle

- Sit or lie down with your ankle up high. Keep it higher than your chest.
- Put ice on your ankle. Keep the ice on for 20 minutes ONLY. Do this every hour of the day.
- Put an elastic bandage around your ankle. Watch the video *How to Wrap Your Sprained Ankle* on the Spring Medical Center website. Keep the bandage on your ankle for 24–36 hours ONLY.
- Don't walk on your sprained ankle.
- Call this office if you have questions.