

Name: _____

Date: _____

SHOULD: Advice for a Healthy Life

7th GRADE – AFFIRMATIVE, NEGATIVE & QUESTIONS

We use **should** to give advice.

AFFIRMATIVE (+)

You **should** drink water.
You **should** see a doctor.

NEGATIVE (-)

You **shouldn't** eat too much candy.
You **shouldn't** stay up late.

QUESTIONS (?)

Should I rest?
Should I take this medicine?

1. LOOK AT THE PICTURES AND WRITE ADVICE USING **SHOULD**.

1



headache

You _____

2



stomachache

You _____

3



cold

You _____

4



tired

You _____

5



toothache

You _____

6



acne

You _____

2. COMPLETE THE SENTENCES WITH **SHOULD** OR **SHOULDN'T**.

1. You _____ drink plenty of water every day.
2. You _____ eat too much junk food.
3. You _____ wash your hands before eating.
4. You _____ stay up late. You need sleep.
5. You _____ see a doctor if you have a high fever.
6. You _____ exercise every day.
7. You _____ share your medicine with other people.
8. You _____ sit in front of the TV all day.

TIP!

Should =
It's a good idea.

Shouldn't =
It's not a good idea.



3. WRITE QUESTIONS WITH SHOULD.

1. I / take this medicine

_____ ?

Yes, you should.



2. I / go to school today

_____ ?

No, you shouldn't.



3. I / eat more vegetables

_____ ?

Yes, you should.



4. I / play video games all night

_____ ?

No, you shouldn't.



5. I / drink soda every day

_____ ?

No, you shouldn't.



6. I / do exercise

_____ ?

Yes, you should.



4. READ THE SITUATIONS AND WRITE ADVICE USING SHOULD OR SHOULDN'T.

1. Your friend has a fever.

You: _____



2. Your friend has a sore throat.

You: _____



3. Your friend plays basketball every day and has knee pain.

You: _____



4. Your friend eats a lot of sweets and has a stomachache.

You: _____



5. Your friend feels stressed because of school.

You: _____



5. ANSWER THE QUESTIONS ABOUT YOU.

1. What health problems do you have sometimes? _____

2. What should you do to feel better? _____

3. What shouldn't you do if you are sick? _____

