

Part 1 – Complete

Choose **should** or **shouldn't**.

1. You _____ drink enough water.
2. You _____ eat fast food every day.
3. You _____ exercise regularly.
4. You _____ sleep only three hours.
5. You _____ eat more vegetables.
6. You _____ drink too much soda.

Answers:

1. should
2. shouldn't
3. should
4. shouldn't
5. should
6. shouldn't

Part 2 – Choose the correct advice

1. I don't drink enough water.

- A. You shouldn't drink water.
- B. You should drink more water. 
- C. You shouldn't exercise.

2. I eat fast food every day.

- A. You should eat more fast food.
- B. You shouldn't eat fast food every day. 
- C. You should drink more soda.

3. I don't exercise.

- A. You should exercise regularly. 
- B. You shouldn't exercise.
- C. You shouldn't drink water.

Part 3 – Rewrite the sentences

Change the sentences into advice.

Example:

I eat too much sugar.

You shouldn't eat too much sugar.

Ahora:

1. I don't exercise.
→ _____
2. I don't drink enough water.
→ _____
3. I sleep only five hours.
→ _____
4. I eat too much fast food.
→ _____

Part 4 – Give your own advice 🧠

Read the situations and give advice.

Situation 1:

Maria is always tired because she sleeps only five hours.

Your advice:

She should _____.

Situation 2:

John drinks soda every day and doesn't drink water.

Your advice:

He should _____.

He shouldn't _____.

Part 5 – Personal Practice

Complete:

One thing I should do is _____.

One thing I shouldn't do is _____.

I should _____ because _____.