1. I read a book.	
2. We seldom go out.	
3. Did they take you home?	
4. Please bring me the book.	
5. I caught a terrific headache.	
6. It was really hot last night.	
7. He never makes big decisions.	
8. Have you already read the letter?	
9. She ever cooks this kind of food.	
10. He doesn't normally arrive until seven.	

Exercise 11: Match the questions with the answers.

1. What is the matter with you?	a. Every day.
2. What do you have for breakfast?	b. 7 to 8 hours.
3. How often do you drink milk?	c. I have a flu.
4. How many hours do you sleep a day?	d. Yes, I do.
5. Do you like swimming with me?	e. Bread, butter and orange juice

Exercise 12: Fill in each blank with no more than FIVE words to make a simple sentence.

1. You should take some medicine. You should see a doctor.

-> You should _____ a doctor.

2. Jane feels tired. Jane feels dizzy.

-> Jane feels should _____.

3. Johnson likes boating. His brother likes boating, too.

-> Both Johnson and should _____.

4. Diego is good at yoga. Diego is good at dancing.

-> Diego is should _____ dancing.

5. My mother doesn't eat fast food. My mother doesn't drink soft drinks.

-> My mother doesn't should _____ soft drinks

Exercise 13: Supply the correct form of the words in brackets.

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1. What you eat can directly _____ your energy levels throughout the day.	**(affection)**
2. Many common colds are _____ if you wash your hands often.	**(avoid)**
3. Eating too many _____ snacks is not good for your heart.	**(fat)**
4. Joining a gym is one way to improve your overall _____ gradually.	**(fit)**
5. Smoking is an _____ habit that harms your lungs.	**(healthy)**
6. Sitting for long periods makes you feel _____ and less energetic.	**(act)**
7. Even small changes in diet can make a _____ to your well-being.	**(different)**
8. Lifting weights helps build _____ in your arms and legs.	**(strong)**

C. COMMUNICATION

Exercise 14: Choose the word or phrase (A, B, C, or D) that best completes each of the following exchanges.

1. "How many hours do we need to sleep a day? "_____"

A. Sleep as much as possible.
B. 8 to 10 hours.
C. A lot of sleep.
D. Sleep well!

2. "When should we open the window?" "_____"

A. When the sun is shining.
B. Why do we have to open it?
C. You can open the window.
D. There is a window there.

3. "How long does your brother exercise a day?" "_____"

A. For two hours.
B. In the morning.
C. He does it well.
D. When he is sad.

4. "How do we get sunburn?" "_____"

A. When we spend a long time in the sun.
B. We go by car.
C. By staying indoors.
D. Sunburn is not good for you.

5. "My eyes are tired." "_____"

A. Let's go to the dentist.
B. Thank you.
C. You shouldn't read in dim light.
D. You are welcome

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Exercise 15: Choose the correct answer (A, B, C, or D) to arrange the following sentences into a meaningful conversation.

1.

a. Brian: Oh, you mean the man with the red car? Yes, he's obese.

b. Ally: I hope he's healthy.

c. Ally: I saw a new neighbor today. He looks quite big.

A. a-b-c B. c-a-b C. b-c-a D. a-c-b

2.

a. Brian: Sometimes, but I try not to. It's really not good for you.

b. Ally: I know, but it tastes so good!

c. Ally: Do you ever eat junk food, Brian? I had a huge bag of chips yesterday.

A. a-b-c B. a-c-b C. b-c-a D. c-a-b

3.

a. Brian: Thanks, Ally! Yes, I started jogging every morning. It helps me feel more energetic.

b. Ally: You're right. Getting enough rest is key too.

c. Ally: Hi Brian! You look great. Have you been exercising?

d. Brian: Eating well is so important for healthy living. And don't forget enough sleep!

e. Ally: That's a good idea! I'm trying to eat more fruits and vegetables myself.

A. c-a-e-d-b B. a-c-e-b-d C. c-e-a-d-b D. a-e-c-d-b

D. READING

Exercise 16: Read the following advertisement/ notice/ flyer/ announcement and mark the letter A, B, C or D to indicate the correct option that best fits each of the numbered blanks.

❶

STAYING HEALTHY

Let's take care (1)_____ our body and mind! Eat (2)_____ fruits and vegetables every day. Drink plenty of water and (3)_____ enough sleep. Exercise often — even a short walk helps. Don't forget to relax and smile. A healthy life is a happy life. Join us for simple tips and fun activities to stay (4)_____ and feel good every day. Start your healthy journey now!

1. A. of B. for C. to D. with

2. A. obese B. mental C. fresh D. itchy

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3. A. make B. look C. get D. take

4. A. strength B. strong C. strengthen D. strongly

❷

KEEP FIT, FEEL GREAT!

Do you want to stay strong and full (1)_____ energy? It's easy to keep fit! Do simple exercises every day like walking, running, or dancing. Eat (2)_____ and drink lots of water. Get enough sleep and relax your mind. Keeping fit helps you (3)_____ happy and healthy. Join our fitness club today and (4)_____ your journey to a better, stronger you. Let's keep fit together!

1. A. on B. at C. of D. to

2. A. stomachache B. healthy food C. lunch box D. junk food

3. A. to stay B. staying C. stay D. to staying

4. A. start B. ignore C. order D. cure

Exercise 17: Look at the sign or the notice. Choose the best answer (A, B, C or D) for these questions.



1. What does the sign say?

A. You must push someone in this place.

B. Watch your steps.

C. It's very dangerous if you push someone in this place.

D. You cannot bring your dogs or cats into this place.



2. What does the sign say?

A. You cannot swim here.

B. You can go swimming here.

C. You cannot swim alone.

D. You can go fishing here.



3. What does the notice say?

A. There are no tickets left.

B. Tickets are sold outside.

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