

VOCABULARY

Illness

- 1** Put the letters in *italics* in the correct order to complete the sentences.
- Jason can't play tennis because he's got a *nkerbo* _____ arm.
 - My mum had a *dcehaeah* _____ so she stayed at home.
 - I need to go to the dentist because I've got *tocaothhe* _____.
 - I can't eat because I've got a *moahcts heca* _____.
 - I've got a *ldoc* _____ today so I'm going to stay at home.
 - My ears *rtuh* _____ because it's so cold.
 - She ate a lot of cake and now she feels *iskc* _____.
 - My sister's got a *pmetqerrute* _____ so she's in bed.
 - Did you have a *npia* _____ in your arm after you fell?

VOCABULARY

- 1** 1 broken 2 headache 3 toothache 4 stomach ache
5 cold 6 hurt 7 sick 8 temperature 9 pain

2 Complete the sentences with words in Exercise 1.

- 1 **A:** Do you want to go swimming this afternoon?
B: Sorry, I can't. I've got I think I need to go to the dentist.
- 2 OK. Let's see. Oh! 37.5 degrees! You've got a high
- 3 **A:** What's the matter?
B: I feel and I've got a I think I ate something bad.
- 4 **A:** Why are you walking slowly?
B: I've got a in my foot.
- 5 **A:** Does your arm when I touch it?
B: Ow! Yes.
A: I think you've got a arm.

2 1 toothache 2 temperature 3 sick, stomach ache
4 pain 5 hurt, broken

3 Choose the correct words to complete the sentences.

- 1** I went to the doctor because I had a
..... in my stomach.
A hurt **B** pain **C** sick
- 2** Your head feels hot. Have you got
.....?
A a temperature **B** toothache **C** a cold
- 3** I can't play rugby for six weeks because I've got a
.....
A stomach ache **B** headache **C** broken arm
- 4** I don't want to eat anything because I
..... sick.
A get **B** feel **C** have

3 1 B 2 A 3 C 4 B

GRAMMAR

should / shouldn't

- 1** Choose the correct words to complete the sentences.

To be healthy ...

- 1** you *should / shouldn't* sleep eight or nine hours every night.
- 2** you *should / shouldn't* drink lots of water.
- 3** you *should / shouldn't* go to bed late.
- 4** you *should / shouldn't* exercise four or five times a week.
- 5** you *should / shouldn't* eat too much chocolate or cake.
- 6** you *should / shouldn't* eat lots of fish, fruit and vegetables.

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

2 Complete the sentences with the phrases in the box.

eat so much chocolate go to bed
drink lots of water study hard tonight
sit down play tennis this afternoon

- 1** **A:** I've got a pain in my right arm.
B: You shouldn't
.....
- 2** **A:** I'm very tired and it's late.
B: Then you should
....., Sam.
- 3** **A:** My foot hurts.
B: You should
for a while.
- 4** **A:** I feel sick.
B: Well, you shouldn't
.....!
- 5** **A:** I've got a difficult maths exam tomorrow.
B: You should
- 6** **A:** Sarah's got a terrible cold.
B: She should rest and

- 2** **1** play tennis this afternoon **2** go to bed **3** sit down
4 eat so much chocolate **5** study hard tonight
6 drink lots of water

3 Read the sentences. Is the advice right (✓) or wrong (X)?

To improve your English ...

- 0 you should read books in English. ✓
- 1 you shouldn't talk to people from English-speaking countries.
- 2 you should listen to music in English.
- 3 you should watch films in English.
- 4 you shouldn't practise pronunciation.
- 5 you should only study at weekends.

3 **1** X **2** ✓ **3** ✓ **4** X **5** X

4 Correct the mistakes in three of the sentences. Which two are correct?



1 I think you shoud take a coat.

2 I should bring a DVD?

3 How much money should we bring?

4 You won't eat sweets in class. It's a school rule.

5 You will bring some water. It's very hot today.

6 Don't forget your keys. You should put them in your pocket.

4 1 I think you **should** take a coat. 2 **Should** I bring a DVD?
3 correct 4 You **shouldn't** eat sweets in class. It's a school rule. 5 You **should** bring some water. It's very hot today. 6 correct

1 Complete the blog with the phrases in the box.

do some exercises eat well enter a race
 stay healthy get fit have a rest sleep well

FITNESS FOR EVERYONE

Hi, everyone. Today I've got eight tips and pieces of advice for people who want to start running. Read on if you want to

1 _____ in no time at all!

- > Start slowly. Run a little, then
 2 _____, then run again.
- > Run five times a week.
- > 3 _____ – lots of fruit and vegetables. A good diet helps you
 4 _____.
- > Drink lots of water.
- > Don't watch screens late at night so you can
 5 _____ – eight hours a night at least.
- > In bad weather you can
 6 _____ in a gym.
- > Remember, at first it hurts but later you feel great!
- > 7 _____. This will give you something to work towards in the future. Maybe you'll win!



- 1 1 get fit 2 have a rest 3 eat well 4 stay healthy
 5 sleep well 6 do some exercises 7 enter a race

2 Match the sentence halves.

- | | |
|--|-------|
| 1 It is very | |
| 2 I like running but I don't want | |
| 3 I try to keep fit so | |
| 4 Swimming is a good way | |
| 5 The secret to eating well | |
| | |
| a I go cycling, swimming and running. | |
| b to stay healthy. | |
| c to enter a race. | |
| d important to do exercise. | |
| e is lots of fruit and vegetables. | |

2 1 d 2 c 3 a 4 b 5 e

3 Choose the correct words to complete the sentences.

- 1 I like to *get / keep* some exercise when I'm on holiday.
- 2 You should *do / have* a rest after so much running.
- 3 She's going to the gym because she wants to *get / have* fit.
- 4 You *do / feel* healthy when you eat well.
- 5 I'm going to *get / enter* the 100 m race in the school sports day.
- 6 You should *do / take* some exercises to make your legs stronger.

3 1 get 2 have 3 get 4 feel 5 enter 6 do

READING

1 Read the article and tick (✓) the sports that are mentioned.

- | | | | | | |
|------------|-------|-----------------|-------|----------------|-------|
| 1 baseball | _____ | 4 running | _____ | 7 snowboarding | _____ |
| 2 cycling | _____ | 5 skateboarding | _____ | 8 surfing | _____ |
| 3 football | _____ | 6 skating | _____ | 9 swimming | _____ |

1 2, 4, 5, 9

THE FITTEST

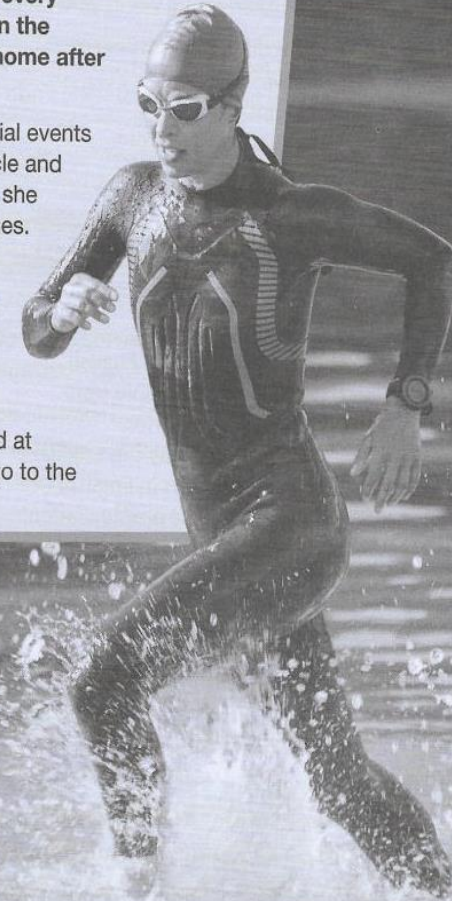
member of my family

My cousin Alex is 18 years old. She runs three kilometres every morning before school, she cycles to school, she swims in the school swimming pool at lunchtime and then she cycles home after school. Can you believe it?

That's not all! On Saturdays she enters races. These are special events called 'triathlons'. In triathlons, the athletes have to swim, cycle and run a very long way. Alex is very good at triathlons. Last year, she won six events, finished second three times and third four times. Alex wants to be in the Olympics when she's older.

Do you want to keep fit? Alex has lots of good advice. 'Don't think about it, don't talk about it, just do it. Oh, and don't do any exercise on Sundays. Have a rest that day. I always do. It's very important to have a rest.'

I'd like to be as fit as Alex but I can't run fast and I'm not good at swimming. However, I am good at skateboarding. Maybe I'll go to the Olympics ... but only to watch my cousin!



2 Read the article again and answer the questions. Write complete sentences.

1 How does Alex get to school?

2 What does she do at lunchtime?

3 What does she do on Saturdays?

4 How many triathlons did she win last year?

5 What does she want to do when she is older?

6 When does she have a rest?

2 **1** She cycles to school. **2** At lunchtime she swims in the school swimming pool. **3** On Saturdays she enters races. **4** She won six triathlons last year. **5** She wants to be in the Olympics. **6** She has a rest on Sundays.

LISTENING

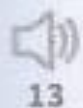


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1 Listen to four conversations. Match the conversations (1–4) to the places (A–D).



1 A3 B4 C1 D2



2

Listen to the conversations again. Are the sentences right (✓) or wrong (X)?

- 1 William hasn't got a headache.
- 2 Susie has got a pain in her arm.
- 3 Carla's eye hurts.
- 4 Marek's foot hurts.
- 5 Marek thinks his hand is broken.

2 1x 2✓ 3x 4✓ 5x



3

Complete the sentences from the conversations with the words in the box. Then listen again and check your answers.

about matter should wrong

- 1 You _____ take some medicine.
- 2 What's the _____, Susie?
- 3 OK, Carla. Tell me, what's _____?
- 4 What _____ your hand?

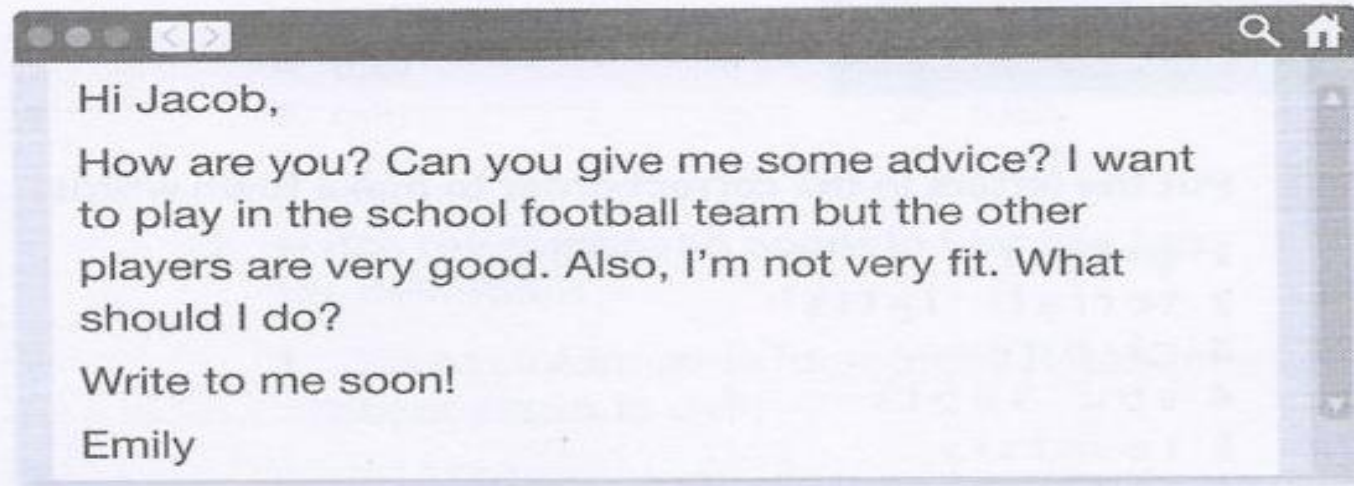
3 1 should 2 matter 3 wrong 4 about

A.

WRITING

An email giving advice

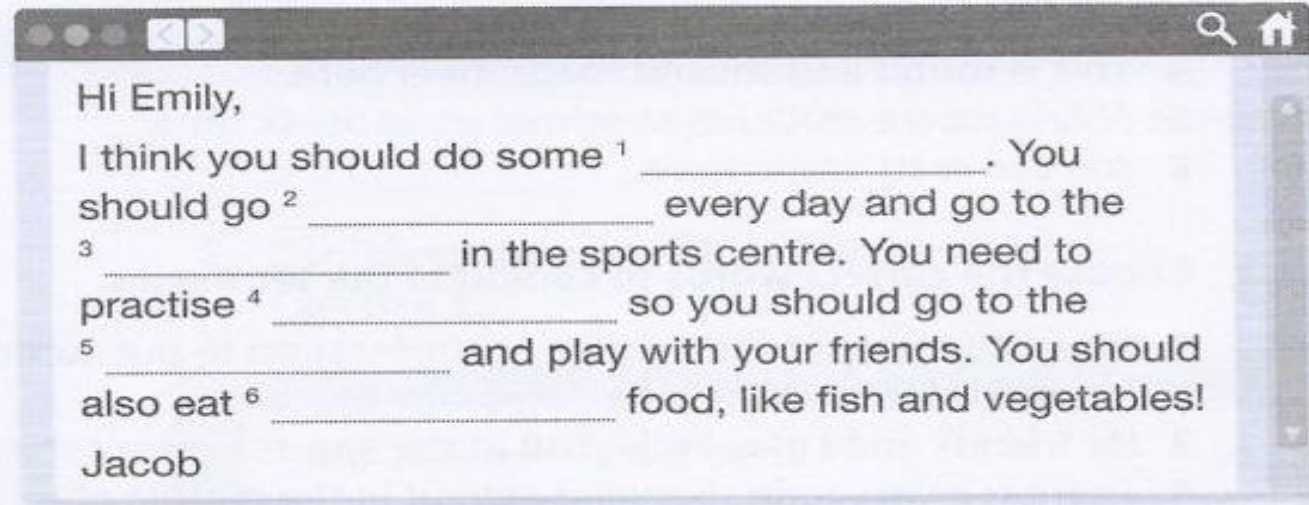
- 1 Read the email from Emily to her penfriend Jacob.
What does Emily want?



- 1 Some advice about how to get into the school football team and how to get fit

2 Complete Jacob's answer to Emily's email with the words in the box.

exercise football gym
healthy park running



Hi Emily,

I think you should do some ¹ _____. You should go ² _____ every day and go to the ³ _____ in the sports centre. You need to practise ⁴ _____ so you should go to the ⁵ _____ and play with your friends. You should also eat ⁶ _____ food, like fish and vegetables!

Jacob

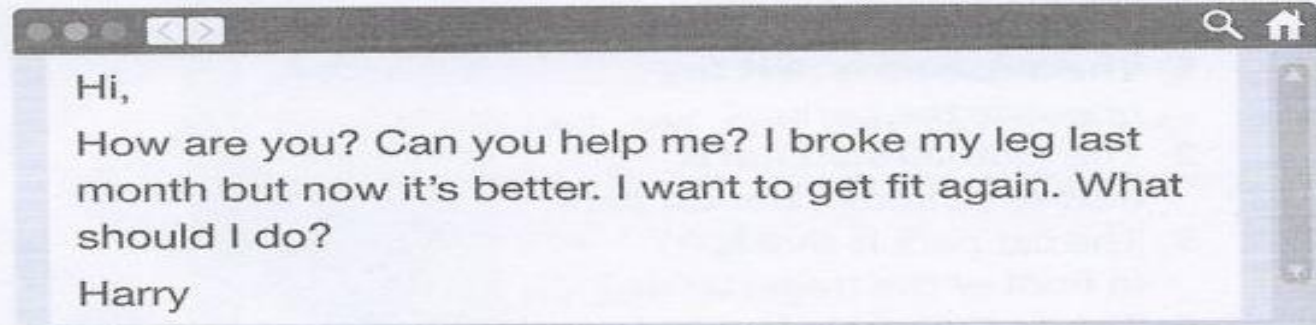
2 **1** exercise **2** running **3** gym **4** football **5** park
6 healthy

3 Read Jacob's email again and answer the questions.

- 1 How often should Emily go running?
- 2 Where should she go in the sports centre?
- 3 Who should she play football with?
- 4 What should she eat?

3 **1** every day **2** to the gym **3** her friends
4 healthy food, like fish and vegetables

4 Read the email from your friend Harry. Write an answer to him. Write about 50 words.



Hi,
How are you? Can you help me? I broke my leg last month but now it's better. I want to get fit again. What should I do?
Harry



Hi Harry,

.....

.....

.....

.....

.....