VOCABULARY

Illness

1	Put the letters in italics in the correct order to
	complete the sentences.

- 1 Jason can't play tennis because he's got a nkerbo broken arm.
- 2 My mum had a dcehaaeh headache so she stayed at home.
- 3 I need to go to the dentist because I've got tocaothhe toothache
- 4 I can't eat because I've got a moahcts heca stomach ache
- 5 I've got a ldoc cold today so I'm going to stay at home.
- 6 My ears rtuh hurt because it's so cold.
- 7 She ate a lot of cake and now she feels iskc
- 8 My sister's got a pmetaerrute temperature so she's in bed.
- 9 Did you have a npia pain in your arm after you fell?

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 toothache... I think I need to go to the dentist.
- 2 OK. Let's see. Oh! 37.5 degrees! You've got a high temperature.
- 3 A: What's the matter?
 - sick B: I feel and I've got a
- stomach ache. I think I ate something bad.
- 4 A: Why are you walking slowly?
 - B: I've got a pain _ in my foot.
- 5 A: Does your arm hurt touch it?
 - B: Ow! Yes.
 - A: I think you've got a broken

Choose the correct words to complete the sentences.

1 I went to the doctor because I had a

in my stomach.

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

GRAMMAR

should / shouldn't

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 at too much chocolate or cake
- 6 you should shouldn't eat lots of fish, fruit and vegetables.

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

play tennis this afternoon.

- 2 A: I'm very tired and it's late.
 - B: Then you should go to bed

bed , Sam.

- 3 A: My foot hurts.
 - **B:** You should <u>sit down</u> for a while.
- 4 A: I feel sick.
 - B: Well, you shouldn't

eat so much chocolate !

- **5 A:** I've got a difficult maths exam tomorrow.
 - **B:** You should study hard tonight
- 6 A: Sarah's got a terrible cold.
 - B: She should rest and 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.
- 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? should i?
 - 3 How much money should we bring?
 - 4 You won't eat sweets in class. It's a school rule. shouldn't
 - 5 You will bring some water. It's very hot today, should
 - 6 Don't forget your keys. You should put them in your pocket.

VOGABULARY

Health

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 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

get fit in no time at all!

- Start slowly. Run a little, then
 - have a rest, then run again.
- > Run five times a week.
- and vegetables. A good diet helps you
 stay healthy
- Drink lots of water.
- Don't watch screens late at night so you can ⁵ sleep Well eight hours a night at least.
- > In bad weather you can
 - 6 do some exercise in a gym.
- Remember, at first it hurts but later you feel great!
- of enter a race and a substitution. This will give you something to work towards in the future. Maybe you'll win!

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.

3 Choose the correct words to complete the sentences.

- 1 I like to get keep ome 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.



READING

- Read the article and tick (/) the sports that are mentioned.
 - 1 baseball
 - 2 cycling
 - 3 football



- 4 running
- 5 skateboarding
- 6 skating



- 7 snowboarding
- 8 surfing
- 9 swimming



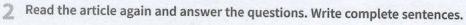
member of my family

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!



- 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?
- 6 When does she have a rest?
- she runs three kilometers
 - she swims
 - she enters races

4 How many triathlons did she win last year?
5 What does she want to do when she is older?
Six
She wants to be in the olympics

on sundays

Listen to four conversations. Match the conversations (1-4) to the places (A-D). Read the email from Emily to her penfriend Jacob. What does Emily want?

she wants toplay in the school football team and to be fit.

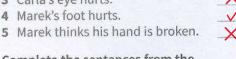






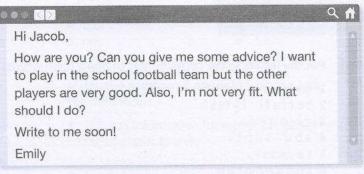


- Listen to the conversations again. Are the sentences right (\checkmark) or wrong (X)?
 - 1 William hasn't got a headache.
 - 2 Susie has got a pain in her arm.
 - 3 Carla's eye hurts.



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

	about	matte	r sh	nould	wrong
1	You	should	d ta	ake sor	me medicine
		the r			
3	OK, Ca Wro	rla. Tell m ong	ne, wha ?	t's	
4	What	abou		your h	and?



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

exercise	football	gym
healthy	park	running

000	9 1
Hi Emily, I think you should do some ¹ <u>exercise</u> . You should go ² <u>running</u> every day and go to the ³ <u>gym</u> in the sports centre. You need to practise ⁴ <u>football</u> so you should go to the ⁵ <u>park</u> and play with your friends. You should also eat ⁶ <u>healthy</u> food, like fish and vegetable Jacob	ld esl

- Read Jacob's email again and answer the questions.
 - 1 How often should Emily go running? every day
 - 2 Where should she go in the sports centre? **Gym**
 - 3 Who should she play football with with her friends
 - 4 What should she healthy food like fish and
- Read the email from Go G G G Sy. Write an answer to him. Write about 50 words.

