

A Complete the sentences like the example.

a toothache - a backache - a stomachache - a fever - a sore throat
sore eyes - an earache - the flu

1. I have a toothache.
2. He
3. She
4. They
5. We
6. You
7. She
8. I



B Complete the conversation with the sentences from the box.

That's too bad It's sometimes helpful Get well soon
How are you Not so good Drink lots of liquids

Margaret: Hi, Alice.?

Alice: I have a terrible sore throat.

Margaret: Really? Have you taken anything for it?

Alice: No, I haven't.

Margaret: to take some antibiotic.

Alice: You're right.

Margaret: And you should also

Alice: Thanks.

Margaret:

C Put the letters in the correct order to make health problems.

- | | |
|----------------|---------|
| a. bckacehac | d. |
| b. evfre | f. |
| c. unnry esno | r. |
| d. toaoctehh | l. |
| e. haarece | e. |
| f. osmatcchhae | s. |

How healthy are you?

To be healthy, it's important to have healthy habits in life.

Nowadays, stress is an inseparable part of everyone's life. Too much stress is very bad. Having healthy habits help to manage stress. For example, breathe deeply and slowly and stand up and stretch your arms over your head. We should also change our lifestyle. It's so useful to exercise daily about 30 minutes. Wash your hands regularly before and after eating and protect your skin from the sun.

Have a balanced diet which includes all essential vitamins and proteins. Never cut one of the meals, especially breakfast and follow your diet pretty well. Never forget to eat fresh vegetables and fruits. Also, get enough sleep at night to have an energetic day.



1. This article is about
 - a. common health problems
 - b. stressful life
 - c. a healthy life
2. Which meal is very important?
 - a. Lunch
 - b. Breakfast
 - c. Dinner
3. A balanced diet is a diet which includes
 - a. vitamins and proteins
 - b. vegetables and fruits
 - c. both red and white meat
4. Stretching your arms is a good way for
 - a. fitness
 - b. controlling stress
 - c. increasing your energy
5. What's the result of having healthy habits?
 - a. Managing stress.
 - b. Breathing slowly.
 - c. Not having a good level of energy.
6. In sunny days
 - a. use sunglasses.
 - b. stay home.
 - c. protect your skin.