


Look at the picture. Then answer the questions with the correct form of the verbs in the box

do karate	eat fruit	play tennis
✓ drink water	exercise	try to lose weight



1. What is Bryan doing now to stay healthy?

a. He's drinking water.

b. He's exercising

c. He's trying to lose weight

2. What else does he do to stay healthy?

a. He does karate

b. He eats fruit

c. He plays tennis

A Complete the conversations with the simple present or present continuous. Then practice with a partner.

① A How do you cope (cope) with stress?
 B Well, I 'm taking (take) a course in flower arranging right now, and I 'm enjoying (enjoy) it. But everybody in my family is pretty relaxed. We don't get (not get) stressed very often.

② A What kind of exercise do you usually do (do)?
 B I like (like) swimming. My brother and I usually go (go) to the pool every day in the summer. Right now it's cold, so I 'm not swimming (not swim) at all. But my brother goes (go) every day, even when it's cold.

③ A Are you eating (eat) a lot of fast food these days?
 B Well, I love (love) it, but right now I am trying (try) to eat a balanced diet. It's hard because my husband doesn't like (not like) fruit and vegetables.

ACHES AND PAINS

Fever: an illness or a medical condition in which you have a very high temperature.

The flu: a common illness that makes you feel very tired and weak, gives you a sore throat, and makes you cough and have to clear your nose a lot [influenza]

Cough : to suddenly push air out of your throat with a short sound, often repeatedly.



Stomachache : pain in your stomach or near your stomach.

toothache : a pain in a tooth

headache: a pain in the head

A cold: a common illness that makes it difficult to breathe through your nose and often makes your throat hurt.

Sore throat: a pain in the front of your neck.

sick : suffering from a disease or illness. if you are sick, the food in your stomach comes up through your mouth [vomit, throw up]

allergy: a medical condition in which you become ill or in which your skin becomes red and painful because you have eaten or touched a particular substance

sneeze: if you sneeze, air suddenly comes from your nose, making a noise

Pain , Ache ,Sore

Pain: for a short time.

After the accident I felt a pain in my knee.

ache: for a long time.

I have a bad headache.

sore: a pain to the move, touch or swallow.

I have sore eyes.

His elbow is sore

Adverbs of Frequency

Never: at no time.

I never get colds. I always feel healthy.

Hardly ever: almost never.

I hardly ever have a stomachache.

Sometimes: from time to time, now and then.

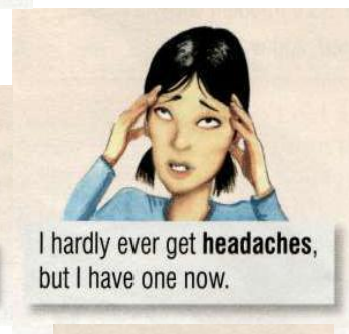
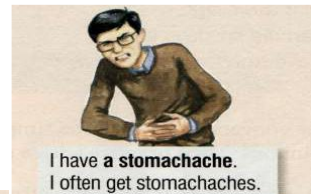
Sam sometimes gets a toothache. He eats a lot of candies.

Often: many times, frequently.

They often feel sick after having seafood.

always: all the time.

I love chocolate. I always eat it



Joining Clauses With **if** and **when** :

What is a clause?

A clause is a group of words that contains a verb (and usually other components too). A clause may form part of a sentence or it may be a complete sentence in itself. For example:

He loves sports, and he plays football on weekends.

I am driving the car that I bought last week.

When: for usual situations.

If: for unusual situations.

I watch TV **when** I have free time.

When I feel tired, I get some rest.

I'll visit Eiffel Tower **if** I go to Paris.

If it rains tomorrow, I'll stay at home.

What do you take **when** you have a cold?
I don't take anything **when** I have a cold.
When I have a cold, I don't take anything.

What do you do **if** you get a really bad cold?
If I get a really bad cold, I drink hot vinegar with honey.
I drink hot vinegar with honey **if** I get a really bad cold.

Exercise 1:

Join the phrases with when and if to make true sentences about yourself:

1. Have a fever/ take medicine.

When I have a fever, I usually take medicine.

2. Get a stomachache / stay in bed

I hardly ever stay in bed when I get a stomachache.

3. Have a cough / go to the doctor

Sometimes I go to the doctor when I have a cough.

4. Feel sick / lie down for a while

When I feel sick, I usually lie down for a while.

5. Have a sore throat / drink hot tea with honey

When I have a sore throat, I always drink hot tea with honey.

6. Have a headache / take aspirin

When I have a headache, I never take aspirin.

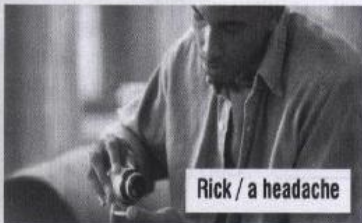
Look at the pictures. Write questions and answers.



1. What does Ann do when she has the flu?
When Ann has the flu, she stays in bed.



2. What does Danielle do when she has a cold?
If Danielle has a cold, she visits the doctor.



3. What does Rick do when he has a headache?
Rick takes medicine when he has a headache.



4. What does Pat do if she has a toothache?
Pat goes to see a dentist if she has a toothache

Good luck for all 😊

Toota