

Exercises of Activity Book

1 Complete and match

Should shouldn't

1. You **should** go to bed early. (c)
2. You **should** eat a lot of salad and vegetables. (a)
3. You **shouldn't** eat a lot of sweet things. (e)
4. You **shouldn't** watch a lot of television. (d)
5. You **should** play sports. (f)
6. You **shouldn't** shout. (b)

2 Complete

Be drink eat have go

1. You should **eat** a lot of fruit.
2. You should **have** breakfast everyday.
3. You should **be** friendly.
4. You shouldn't **drink** a lot of fizzy drinks.
5. You shouldn't **go** to bed late.

3 Read and complete

Yes No

1. You should help our parents. **Yes**
2. We should sleep all day. **No**
3. We should drink a lot of water. **Yes**
4. We should eat sweets and chocolate for breakfast. **No**
5. We should be kind to our friends. **Yes**

4 Write

1. I have a lot of sleep. / I'm not tired at school.

I have a lot of sleep. so I'm not tired at school.

I'm not tired at school because I have a lot of sleep.

2. I eat a lot of fruit and vegetables. / I'm not often ill.

I eat a lot of fruit and vegetables, so I'm not often ill.

I'm not often ill because I eat a lot of fruit and vegetables.

3. We play a lot of sport. / we are strong.

We play a lot of sport, so we are strong.

We are strong because we play a lot of sport.

4. We go to school / We learn a lot.

We go to school, so we learn a lot.

We learn a lot because we go to school.

5 Read and answer

My name is Samia. I like sport and I do some exercise every day. I walk in the park and I play tennis at the sports centre. We should all play sport (1) C . I like cooking too. My mum and I go to the market (2) A . Then we cook delicious meals. Can you cook? You should learn! It's fun, (3) B .

Hi! I'm Rakan. I like sport too. I play football in the park, and I watch sport on television.

We shouldn't watch a lot of television. I can't cook (4) D ! My

favourite food is mansaf. My mother makes mansaf for special days. I like apples and bananas too, (5) F . They're good for me, and they're healthy too.

6 Read and answer

Samia Rakan

Who ...

plays tennis. Samia

plays sport in the park. Rakan

Can cook? Samia

Likes fruit? Rakan

8 Write sentences with should and shouldn't

We shouldn't watch a lot of television.

We shouldn't go to bed late.

We should be Friendly.

We should help in the kitchen.

We should do exercise.

We should work hard.

We shouldn't eat a lot of cakes.

We shouldn't sleep all day.

9 Complete

sleep sports fruit and vegetables water

Suggested answers

It's important to be healthy. We should have a lot of sleep. We should play sports. We should eat a lot of fruit and vegetables. We should drink a lot of water.