

**A** Put the sentences in the correct order to make a conversation.

- _____ I see. What's the problem?
- 1 Hello, doctor. I'm worried about my health.
- _____ Yes, I have. I think it's because I eat too much candy.
- _____ Not really. I drive my car every day.
- _____ Well, I get enough sleep, but I feel tired all day.
- _____ That's possible. Do you get regular exercise?
- _____ Maybe you're tired because you don't have a healthy diet. Have you gained weight?
- 8 Not enough exercise can also make you feel tired. Let's check your blood pressure now.

B Match the problems with the advice.

- | | |
|---|--|
| 1. I feel tired all the time. <u>e</u> | a. You should talk to a doctor. |
| 2. I sit at my desk all day. _____ | b. You should eat more fruit and vegetables. |
| 3. I want to have a healthy diet. _____ | c. You should watch your diet. |
| 4. I'm worried about my health. _____ | d. You should get more exercise. |
| 5. I eat too much candy. _____ | e. You should get more sleep. |

C Do you take care of your health? Write two questions. Then write your answers.

Example: Do you ride a bicycle?

No, I don't. But I take a walk every day.

1. (exercise) Do you _____ ?

2. (food) Do you _____ ?



A Complete the conversation.

candy check diet drive exercise health problem regular tired weight

Stan Hello, doctor. I'm worried about my health ¹.

Doctor I see. What's the ²?

Stan Well, I get enough sleep, but I feel ³ all day.

Doctor Maybe you're tired because you don't have a healthy ⁴. Have you gained ⁵?

Stan Yes, I have. I think it's because I eat too much ⁶.

Doctor That's possible. Do you get ⁷ exercise?

Stan Not really. I ⁸ my car every day.

Doctor Not enough ⁹ can also make you feel tired. Let's ¹⁰ your blood pressure now.

B Complete each piece of advice.

a doctor diet exercise fruit and vegetables sleep

1. **A** I feel tired all the time.

B You should get more sleep.

2. **A** I sit at my desk all day.

B You should get more .

3. **A** I want to have a healthy diet.

B You should eat more .

4. **A** I'm worried about my health.

B You should talk to .

5. **A** I eat too much candy.

B You should watch your .

C Do you take care of your health? Write three questions. Then write your answers.

Example: Do you ride a bicycle? No, I don't. But I take a walk every day.

1. (exercise) Do you ?

2. (food) Do you ?

3. (see a doctor) Do you ?



A Complete the conversation.

I feel tired all day	I'm worried about my health
you don't have a healthy diet	What's the problem
Let's check your blood pressure	I eat too much candy
regular exercise	I drive my car

Stan Hello, doctor. I'm worried about my health 1 .

Doctor I see. _____ 2 ?

Stan Well, I get enough sleep, but _____ 3 .

Doctor Maybe you're tired because _____ 4 . Have you gained weight?

Stan Yes, I have. I think it's because _____ 5 .

Doctor That's possible. Do you get _____ 6 ?

Stan Not really. _____ 7 every day.

Doctor Not enough exercise can also make you feel tired. _____ 8 now.

B Write one piece of advice for each problem.

- I feel tired all the time. You should get more sleep.
- I sit at my desk all day. _____
- I want to have a healthy diet. _____
- I'm worried about my health. _____
- I eat too much candy. _____

C Do you take care of your health? Write four questions. Then write your answers.

Example: Do you ride a bicycle? No, I don't. But I take a walk every day.

- (exercise) _____ ? _____
- (food) _____ ? _____
- (see a doctor) _____ ? _____
- (sleep) _____ ? _____



A Look at the chart. Write questions and answers.

What have they done recently?					
	Go to the gym	Lose weight	Eat vegetables	Visit the doctor	Take vitamins
Osman	✓		✓	✓	✓
Lucia		✓	✓		
Alex				✓	✓
Eva	✓	✓			

- (Osman / go) Has Osman gone to the gym recently? Yes, he has.
- (Lucia / lose) _____ weight lately? Yes, she _____.
- (Alex / eat) _____ vegetables lately? No, he _____.
- (Osman and Alex / visit) _____ the doctor recently?
Yes, they _____.
- (Lucia and Eva / take) _____ vitamins recently?
No, they _____.

B Complete the questions. Write answers about you.

- (check) Have you checked your blood pressure recently? Yes, I have.
- (visit) Have you _____ a dentist lately? _____
- (have) Have you _____ a cold recently? _____
- (take) Have you _____ vitamins recently? _____
- (play) Have you _____ soccer lately? _____
- (eat) Have you _____ fish recently? _____

C Write two things you have done for your health recently. Use your own ideas.

Example: I've given up desserts.

- _____
- _____



A Look at the chart. Write questions and answers.

What have they done (or not done) recently?					
	Go to the gym	Lose weight	Eat vegetables	Visit the doctor	Take vitamins
Osman	✓		✓	✓	✓
Lucia		✓	✓		
Alex				✓	✓
Eva	✓	✓			

1. (Osman) Has Osman gone to the gym recently? Yes, he has.
2. (Lucia) _____ weight lately? _____
3. (Alex) _____ vegetables lately? _____
4. (Osman and Alex) _____ the doctor recently? _____
5. (Lucia and Eva) _____ vitamins recently? _____

B Complete the questions. Use the verbs in the box. Write answers about you. Add one more question and answer.

check	eat	have	play	take	visit
-------	-----	------	------	------	-------

1. Have you checked your blood pressure recently? Yes I have.
2. Have you _____ a dentist lately? _____
3. Have you _____ a cold recently? _____
4. Have you _____ vitamins recently? _____
5. Have you _____ soccer lately? _____
6. Have you _____ fish recently? _____
7. Have you _____ recently? _____

C Write three things you have done for your health recently. Use your own ideas.

Example: I've given up desserts.

1. _____
2. _____
3. _____



A Look at the chart. Write questions and answers.

What have they done (or not done) recently?					
	Go to the gym	Lose weight	Eat vegetables	Visit the doctor	Take vitamins
Osman	✓		✓	✓	✓
Lucia		✓	✓		
Alex				✓	✓
Eva	✓	✓			

- (Osman / gym) Has Osman gone to the gym recently? Yes, he has.
- (Lucia / weight) _____ ? _____
- (Alex / vegetables) _____ ? _____
- (Osman and Alex / doctor) _____ ? _____
- (Lucia and Eva / vitamins) _____ ? _____

B Complete the questions. Use appropriate verbs. Write answers about you.
Add two more questions and answers.

- Have you checked your blood pressure recently? Yes I have.
- _____ you _____ a dentist lately? _____
- _____ you _____ a cold recently? _____
- _____ you _____ vitamins recently? _____
- _____ you _____ soccer lately? _____
- _____ you _____ fish recently? _____
- _____ you _____ recently? _____
- _____ you _____ recently? _____

C Write four things you have done for your health recently. Use your own ideas.

Example: I've given up desserts.

- _____
- _____
- _____
- _____

**A** Write sentences about before and now. Use *used to*.

1. play soccer / baseball

Steve used to play soccer , but now he
plays baseball .

2. eat potato chips / fruit

He _____ , but now he
_____ .

3. drink soda / fruit juice

Marta _____ , but now she
_____ .

4. go to bed late / early

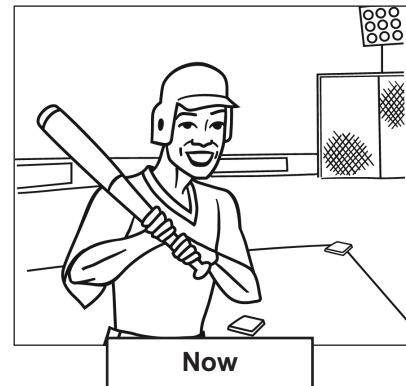
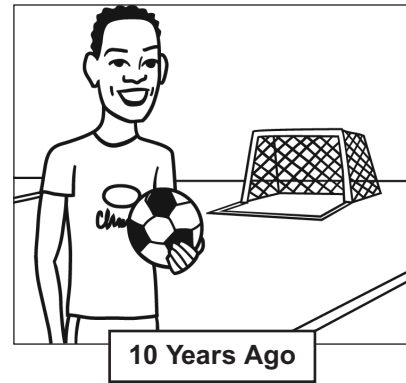
She _____ , but now she
_____ .

5. eat ice cream / yogurt

Steve and Marta _____ , but now
they _____ .

6. ride bikes / drive a car

They _____ , but now they _____ .

**B** Use the information in Exercise A to complete the questions and answers. Use *use to*.

1. Did Steve use to play soccer _____ ? Yes, he did .
(play soccer)

2. Did Steve _____ ? No, he _____ .
(eat fruit)

3. Did Marta _____ ? No, she _____ .
(drink fruit juice)

4. Did Marta _____ ? Yes, she _____ .
(go to bed late)

5. Did Steve and Marta _____ ? Yes, they _____ .
(eat ice cream)

6. Did Steve and Marta _____ ? No, they _____ .
(drive a car)

C Write a sentence about something you used to do.

_____ .

**A** Write sentences about before and now. Use *used to*.

1. Steve / play soccer / baseball

Steve used to play soccer , but now he plays baseball.

2. He / eat potato chips / fruit

_____ , _____

3. Marta / drink soda / fruit juice

_____ , _____

4. She / go to bed late / early

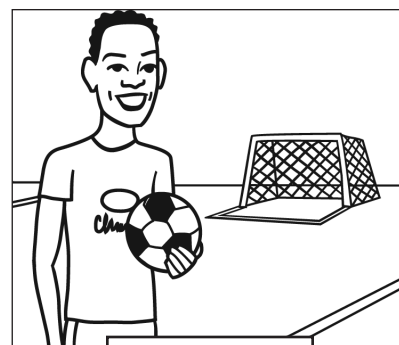
_____ , _____

5. Steve and Marta / eat ice cream / yogurt

_____ , _____

6. They / ride bikes / drive a car

_____ , _____



10 Years Ago



Now

B Use the information in Exercise A to complete the questions and answers. Use *use to*.

1. Steve / play soccer

Did Steve use to play soccer ? Yes, he did .

2. Steve / eat fruit

_____ ? No, he _____ .

3. Marta / drink fruit juice

_____ ? No, she _____ .

4. Marta / go to bed late

_____ ? Yes, she _____ .

5. Steve and Marta / eat ice cream

_____ ? Yes, they _____ .

6. Steve and Marta / drive a car

_____ ? No, they _____ .

C Write two sentences about things you used to do.

_____ .

_____ .

**A** Write sentences about before and now. Use *used to*.

1. Steve / soccer / baseball

Steve used to play soccer , but now he plays baseball.

2. He / potato chips / fruit

_____ , _____

3. Marta / soda / fruit juice

_____ , _____

4. She / bed late / early

_____ , _____

5. Steve and Marta / ice cream / yogurt

_____ , _____

6. They / bikes / car

_____ , _____



10 Years Ago



Now

B Use the information in Exercise A to complete the questions and answers. Use *use to*.

1. Steve / play soccer

Did Steve use to play soccer ? Yes, he did.

2. Steve / eat fruit

_____ ? _____

3. Marta / drink fruit juice

_____ ? _____

4. Marta / go to bed late

_____ ? _____

5. Steve and Marta / eat ice cream

_____ ? _____

6. Steve and Marta / drive a car

_____ ? _____

C Write three sentences about things you used to do.

_____ .

_____ .

_____ .



A Look at the words in **bold**. Circle the correct part of speech.

- | | |
|---|--------------------------------|
| 1. Garlic can prevent high blood pressure. | <u>verb</u> / noun / adjective |
| 2. Chamomile tea helps your digestion . | verb / noun / adjective |
| 3. You can make an herbal tea from mint. | verb / noun / adjective |
| 4. Some people use garlic to treat insect bites. | verb / noun / adjective |
| 5. Colds and flu are two different sicknesses . | verb / noun / adjective |

B Read the article. Circle the correct answers.

Beneficial Plants

Many people grow herbs in their garden or in their home. They use herbs for cooking and treating illnesses. Garlic and chamomile are two kinds of herbal plants, and they have many uses.

Some people use garlic to treat high blood pressure. You can use garlic in soup, fish, or meat. Garlic is a traditional treatment for insect bites as well.

Chamomile tea is a popular treatment for colds and flu. People with poor digestion sometimes drink chamomile tea after a meal. People with sleeping problems drink it before they go to bed.

Many people use herbs to prevent sickness because they are more natural than other types of medicine and they usually taste good.

1. You can use garlic / **chamomile** when you cook soup.
2. You can use **garlic** / **chamomile** to make tea.
3. You can use **garlic** / **chamomile** for high blood pressure.
4. You can use **garlic** / **chamomile** for colds and flu.
5. You can use **garlic** / **chamomile** to help digestion.
6. You can use **garlic** / **chamomile** to help you sleep.

C Internet task: Look up the key words *herbal plants*. Find the name of one herbal plant. If you do not have access to the Internet, write about an herbal plant you know. What illnesses can you use it for?

Name of plant: _____

Used to treat: _____



A Complete the sentences with a word in the box. Then circle the correct part of speech.

digestion	herbal	prevent	sicknesses	treat
-----------	--------	---------	------------	-------

- Garlic can prevent high blood pressure. verb / noun / adjective
- Chamomile tea helps your _____. verb / noun / adjective
- You can make an _____ tea from mint. verb / noun / adjective
- Some people use garlic to _____ insect bites. verb / noun / adjective
- Colds and flu are two different _____. verb / noun / adjective

B Read the article. Complete the chart.

Beneficial Plants

Many people grow herbs in their garden or in their home. They use herbs for cooking and treating illnesses. Garlic and chamomile are two kinds of herbal plants, and they have many uses.

Some people use garlic to treat high blood pressure. You can use garlic in soup, fish, or meat. Garlic is a traditional treatment for insect bites as well.

Chamomile tea is a popular treatment for colds and flu. People with poor digestion sometimes drink chamomile tea after a meal. People with sleeping problems drink it before they go to bed.

Many people use herbs to prevent sickness because they are more natural than other types of medicine and they usually taste good.

when you cook soup	for colds and flu	to help you sleep	to make tea
for high blood pressure	to help digestion	for insect bites	with fish or meat

You can use garlic:	You can use chamomile:
<i>when you cook soup</i>	<i>to make tea</i>

C Internet task: Look up the key words *herbal plants*. Find the names of two plants. If you do not have access to the Internet, write about herbal plants you know. What illnesses can you use them for? Use the back of this paper.



A Complete the sentences. Use the correct form of the words in the box. Then circle the part of speech.

digest	herb	prevent	sick	treat
--------	------	---------	------	-------

- Garlic can prevent high blood pressure. (verb) / noun / adjective
- Chamomile tea helps your _____. verb / noun / adjective
- You can make an _____ tea from mint. verb / noun / adjective
- Some people use garlic to _____ insect bites. verb / noun / adjective
- Colds and flu are two different _____. verb / noun / adjective

B Read the article. Complete the chart.

Beneficial Plants

Many people grow herbs in their garden or in their home. They use herbs for cooking and treating illnesses. Garlic and chamomile are two kinds of herbal plants, and they have many uses.

Some people use garlic to treat high blood pressure. You can use garlic in soup, fish, or meat. Garlic is a traditional treatment for insect bites as well.

Chamomile tea is a popular treatment for colds and flu. People with poor digestion sometimes drink chamomile tea after a meal. People with sleeping problems drink it before they go to bed.

Many people use herbs to prevent sickness because they are more natural than other types of medicine and they usually taste good.

You can use garlic:	You can use chamomile:
<i>when you cook soup</i>	<i>to make tea</i>

C Internet task: Look up the key words *herbal plants*. Find the name of three herbal plants. If you do not have access to the Internet, write about herbal plants you know. What illnesses can you use them for? Use the back of this paper.



A Complete the paragraph. Use the words in the box.

drank has has helps is made make used

Mint is₁ a popular herb in my country. The plant has₂ small, dark green leaves. It has₃ a fresh smell. We used₄ to grow mint in our garden when I was a child. We dried the leaves and made₅ tea from them. It helps₆ with indigestion and upset stomachs. We usually drank₇ mint tea after every meal. Today, I make₈ iced mint tea in the summer.



mint

B Read the paragraph in Exercise A again. Correct the sentences.

- Mint is ~~not~~ a popular herb.
- It has large, dark green leaves.
- The writer didn't grow mint in her garden.
- The writer made tea from the flowers.
- Mint tea is good for headaches.
- The writer's family drank mint tea before every meal.
- Today, the writer likes to make hot mint tea.

C Use the information in the chart to write a paragraph about lavender.

Name of plant	Appearance	Use dried flowers to . . .
Lavender	Silver-green leaves and tiny purple flowers	Make tea (good for headaches) Make bath oil (very relaxing)

_____ is a popular plant. It has _____ and _____ . You can use the dried flowers to _____ . It helps with _____ . You can also make _____ . It is _____ .



A Complete the paragraph. Use the words in the box.

child herb indigestion leaves meal tea

Mint is a popular herb₁ in my country. The plant has small, dark green leaves₂. It has a fresh smell. We used to grow mint in our garden when I was a child₃. We dried the leaves and made tea₄ from them. It helps with indigestion₅ and upset stomachs. We usually drank mint tea after every meal₆. Today, I make iced mint tea in the summer.



mint

B Answer the questions about the paragraph in Exercise A.

1. What is a popular herb? Mint.
2. What does the plant look like? _____
3. Where did the writer grow mint? _____
4. What did the writer make from the leaves? _____
5. What illnesses is mint tea good for? _____
6. When did the writer's family drink it? _____
7. What does the writer like to make today? _____

C Use the information in the chart to complete the paragraph about lavender.

Name of plant	Appearance	Use dried flowers to . . .
Lavender	Silver-green leaves and tiny purple flowers Beautiful smell	Make tea (treats headaches) Make bath oil (very relaxing) Keep clothes fresh (smell keeps moths away)

_____ is a popular plant. It has _____ and _____. It also has a _____. You can use the dried flowers to _____. It helps with _____. You can also _____. It is _____. Another use is to _____. The smell _____.



A Complete the paragraph.

after every meal

indigestion and upset stomachs

made tea

popular herb

small, dark green leaves

when I was a child



mint

Mint is a popular herb in my country.

The plant has _____. It has a fresh smell.

We used to grow mint in our garden _____.

We dried the leaves and _____ from them. It

helps with _____ . We usually drank mint tea

_____. Today, I make iced mint tea in the summer.

B Read the paragraph in Exercise A again. Number the questions in the correct order. Then write the answers.

_____ What did the writer make from the leaves? _____

_____ What does the plant look like? _____

_____ What illnesses is mint tea good for? _____

1 What is a popular herb? Mint.

_____ What does the writer like to make today? _____

_____ When did the writer's family drink it? _____

_____ Where did the writer grow mint? _____

C Use the information in the chart to write a paragraph about lavender. Add any other information you know about this plant. Use the back of this paper.

Name of plant	Appearance	Use dried flowers to . . .
Lavender	Silver-green leaves and tiny purple flowers Beautiful smell	Make tea (treats headaches) Make bath oil (very relaxing) Keep clothes fresh (smell keeps moths away)



A Match each group of words with a word in the box.

complaint herbal supplement illness injury medication

1. complaint

back pain a headache a sore throat

2. _____

aspirin penicillin ibuprofen

3. _____

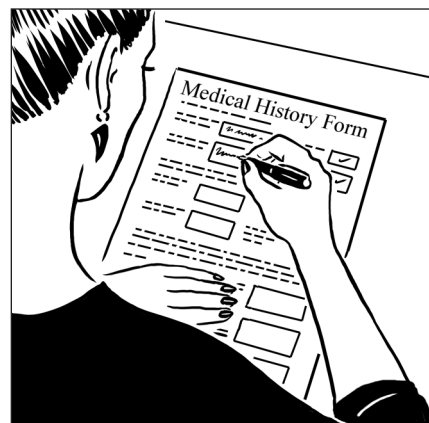
garlic pills echinacea ginger

4. _____

a broken leg a sprained ankle a broken arm

5. _____

flu a cold asthma



B Complete the crossword puzzle. Use the correct form of the verbs in the box.

eat gain give go lose start



Across

1. My blood pressure has ____ down.
4. I've ____ to exercise every week.
5. I haven't ____ any weight lately.

Down

1. I've ____ up ice cream.
2. I've ____ weight. I feel healthy!
3. I haven't ____ any French fries this month.

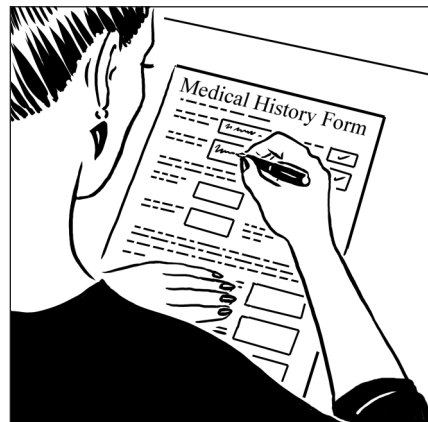
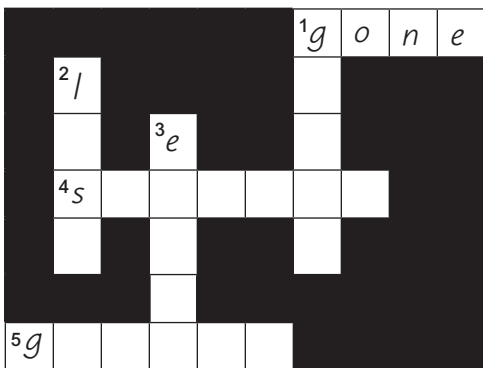
C Write two questions to ask your teacher. Use *use to*.

Example: Did you use to ride a bike to school?

1. _____
2. _____

**A** Circle the correct answers.

- An example of a complaint is _____.
a. asthma **(c.)** back pain
b. aspirin d. vitamins
- An example of medication is _____.
a. garlic pills c. mint tea
b. aspirin d. allergies
- An example of an herbal supplement is _____.
a. medicine c. a stomachache
b. allergies d. garlic pills
- An example of an injury is _____.
a. surgery c. a headache
b. a cold d. a broken leg
- An example of an illness is _____.
a. aspirin c. a sore throat
b. flu d. a headache

**B** Complete the crossword puzzle.**Across**

- My blood pressure has ____ down.
- I've ____ to exercise every week.
- I haven't ____ any weight lately.

Down

- I've ____ up ice cream.
- I've ____ weight. I feel healthy!
- I haven't ____ any French fries this month.

C Write three questions to ask your teacher. Use *use to*.

Example: Did you use to ride a bike to school?

- _____
- _____
- _____



Lesson F

Another view

A Write two more examples for each category. Use the words in the box.

a broken arm	a headache	a sprained ankle	echinacea	ibuprofen
a cold	a sore throat	asthma	ginger	penicillin

1. A complaint:

a. back pain b. a headache c. _____

2. A medication:

a. aspirin b. _____ c. _____

3. An herbal supplement:

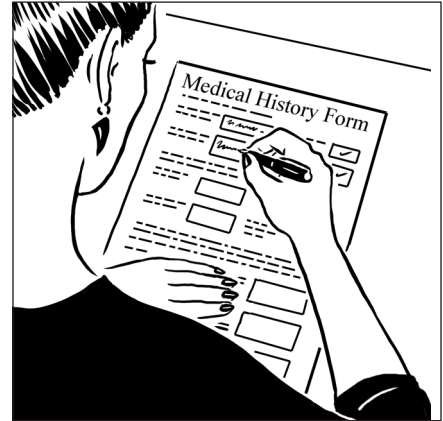
a. garlic pills b. _____ c. _____

4. An injury:

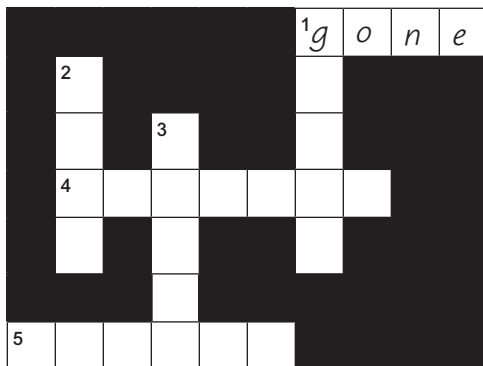
a. a broken leg b. _____ c. _____

5. An illness:

a. flu b. _____ c. _____



B Complete the crossword puzzle.

**Across**

- My blood pressure has ____ down.
- I've ____ to exercise every week.
- I haven't ____ any weight lately.

Down

- I've ____ up ice cream.
- I've ____ weight. I feel healthy!
- I haven't ____ any French fries this month.

C Write four questions to ask your teacher. Use *use to*.

Example: Did you use to ride a bike to school?

- _____
- _____
- _____
- _____