

Unit 2 Lessons 10–12

a. Complete the table with the things you *should* and *shouldn't* do in order to be healthy.

eat whole grain drink milk eat junk food smoke
 go to bed late brush your teeth exercise every day
 eat fruit and vegetables eat too much candy

Should	Shouldn't

b. Complete the sentences using the words in parentheses.

1. You should drink milk, because _____ *it gives you calcium* _____ (calcium).
2. _____ (eat fruit), because they have essential vitamins.
3. _____ (junk food), because it has a lot of fat and salt.
4. _____ (eat too much candy), because it has a lot of sugar.
5. You should eat whole grain bread _____ (energy).
6. You should eat cereal, because _____ (fiber).

c. Read what each person says. Write a recommendation and give a reason.

Jack: I never do exercise.

- 1) _____

Jane: I eat chocolate every day.

- 2) _____

Peter: I watch TV for five hours a day.

- 3) _____
