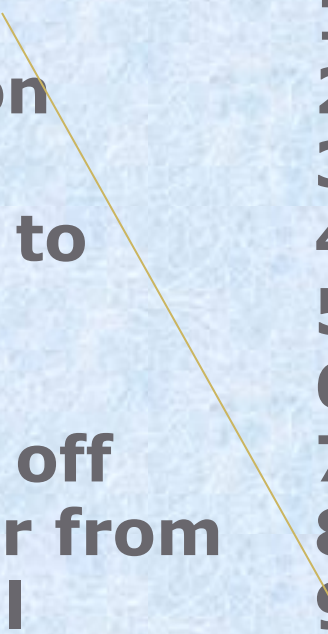




“Disease comes on a horseback but departs on foot”.

- |    |                |     |                     |
|----|----------------|-----|---------------------|
| a. | To have        | 1.  | a nervous breakdown |
| b. | To put on      | 2.  | alcohol             |
| c. | To have        | 3.  | a diet              |
| d. | To keep to     | 4.  | outdoor sports      |
| e. | To take        | 5.  | late                |
| f. | To take        | 6.  | junk food           |
| g. | To keep off    | 7.  | a long rest         |
| h. | To suffer from | 8.  | a gym               |
| i. | To sit till    | 9.  | regular meals       |
| j. | To give up     | 10. | anything sweet      |
| k. | To eat         | 11. | smoking             |
| l. | To go in for   | 12. | weight              |
| m. | To join        | 13. | stress              |
| n. | To cut out     | 14. | vitamins            |
- 

**to have a nervous breakdown**  
**to take a long rest**  
**to have regular meals**  
**to keep to a diet**  
**to keep off alcohol**  
**to give up smoking**  
**to eat junk food**  
**to sit till late at night**  
**to join a gym**  
**to put on weight**  
**to cut out anything sweet**  
**to suffer from stress**  
**to take vitamins**  
**to go in for outdoor sports**

# • **Healthy habits**

- ..... ■
- ..... ■
- ..... ■

# • **Unhealthy habits**

- ..... ■
- ..... ■
- ..... ■

# Healthy habits

**To take a long rest**

**To have regular meals**

**To keep to a diet**

**To keep off alcohol**

**To give up smoking**

**To join a gym**

**To cut anything sweet**

**To take vitamins**

**To go into outdoor sports**

# **Unhealthy habits**

- **To have a nervous breakdown**
- **To eat junk food**
- **To sit till late at night**
- **To put on weight**
- **To suffer from stress**

**It's good for us to ...**

**It's bad for us to ...**



**Model:**

**Paul**

**Chris**

- **1. He doesn't have breakfast.** +

2. He takes exercises.

3. He drinks alcohol.

4. He says he likes sweet food.

5. He eats a lot of junk food.

6. He gave up smoking.

7. He is fond of outdoor sports.

8. He takes a long rest.

9. He goes to bed late.

10. He takes vitamins.

## Cause

- to eat junk food
- to suffer from stress
- to sit till late at night
- to smoke
- to drink alcohol

## Problem

- to have a nervous breakdown
- to have liver trouble
- to have lung trouble
- to be short of breath
- to put on weight
- tiredness

## Treatment

- to keep to a diet
- to take a long rest
- to join a gym
- to go in for sports
- to cut out snacks
- to have regular meals
- to give up smoking

**Eg. A person usually *has lung trouble* if he *smokes a lot*. If he wants to be healthy he should *give up smoking* as soon as possible.**

**I heard            the patient complain of  
watched**

**The doctor recommended her /  
him to do sth.**

**Julie wonders** **if** **subject + predicate**  
**whether**