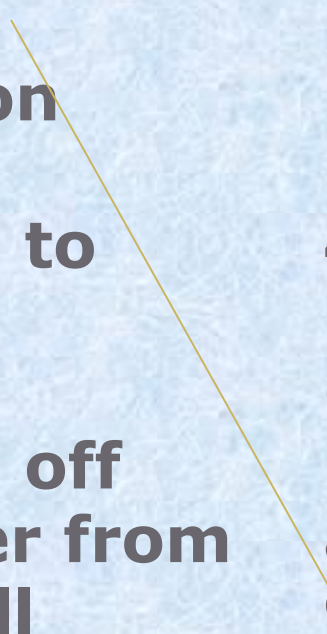


“Disease comes on a horseback but departs on foot”.

- | | | | |
|----|----------------|-----|---------------------|
| 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