# UNIT 2 HEALTH

1. **PHONETICS**

## Underline the sound /f/ and circle the sound /v/.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| fun | fine | coffee | over | graph |
| phone | brave | verb | stuff | clever |
| enough | laughing | leaf | leave | vat |
| view | few | valley | save | valve |

## Say the sentences out loud. Then write the words with the sound /f/ and /v/ in the table.

* 1. I feel so bad. Maybe I should take a rest for some minutes.
	2. His wife is laughing at the picture of the knight on the floor.
	3. Living our life and holding our fate.
	4. Which is the best movie in *Fast and Furious* series?
	5. The invitation cards are beautiful and creative.
	6. What animals have the rough skin? - Elephants, frogs, etc.

|  |  |
| --- | --- |
| **/f/** | **/v/** |
|  |  |

1. **VOCABULARY AND GRAMMAR**

## Match the common health problem with its definition.

* 1. flu
	2. allergy
	3. cold
	4. sunburn
	5. obesity
	6. earache

7 toothache

8. fever

1. a common illness that affects the nose and/or throat, making you cough, sneeze, etc.
2. an abnormally high body temperature
3. a medical condition that makes you become ill or get a rash when you eat, smell, or touch something
4. the pain in the middle or inner ear
5. the condition of having painful red skin that is caused by staying in the sun for too long
6. the pain in a tooth or teeth
7. the condition of being fat or overweight
8. a very bad cold caused by a virus that causes fever, pains and weakness

## Fill in the blanks with the health problems in part I.

* 1. She feels very weak, has a high fever and her muscles hurt. She has .
	2. He eats lots of junk food and be overweight. is his problem.
	3. She went outside all day long without wearing a hat. Now her skin turns red and hurts. She has got .
	4. I think I‟m getting a . I‟ve got a sore throat and a runny nose.
	5. Mark had lobster for dinner, and now his skin becomes covered with red marks. Hesays he has a shellfish .
	6. If you‟ve got \_, go and see a dentist.
	7. His body is too hot and soaked in sweat, but he feels very cold. I think he has a .
	8. My sister feels pain in her ear. She has \_.

## Complete the sentences with the correct form of the verb *have* or *feel*. Add *a* or *an* where necessary.

1. I flu. I tired and weak.
2. Jane sick, so she stays at home today.
3. Maybe she fever. Her face is red and she tells me that she very hot.
4. I terrible headache yesterday, but I better now.
5. What‟s wrong with Sarah? Does she toothache?
6. „Have you ever allergy to seafood?‟ „Yes, I ill when I ate some lobsters two months ago.
7. My friend sunburn after a day at the beach. Her skin becomes red and sore.
8. I itchy and I runny nose. Do I cold?

## Put the words into the correct column.

flu, playing sports, cough, walking, sore throat, watching TV fever, gardening, allergy, swimming, runny nose, doing aerobics, headache, exercising, sneezing, cycling, red skin, relaxing, stomachache, sleeping

|  |  |
| --- | --- |
| **Illnesses and symptoms** | **Activities** |
|  |  |

## Underline the correct words.

* 1. Your eyes look very tired. Let your eyes rest *more / less* and watch more / *less* TV.
	2. If you want to stay in shape, eat *more / less* healthy food like fruits, vegetables or fish.
	3. Drink *more / less* water when you have a high fever.
	4. If you want to lose weight, eat *more / less* junk food.
	5. Sunbathe *more / less* to avoid getting sunburnt.
	6. The popular thing to lose weight is “eat *more / less* and exercise *more / less*”.
	7. Stay outdoors and do *more / less* physical activities. You will be more healthy.
	8. Spend *more / less* time in front of screens, such as the phone, TV or computer. It‟s not good for your eyes.

## Complete the imperatives with *more* or *less*, using the verbs in the box.

play drink eat read sleep spend watch do

* 1. video games or your eyes will be hurt.
	2. fruit, vegetables or nuts because they are healthy.
	3. if you want to be more active.
	4. If you want to improve your knowledge, books.
	5. TV because too much TV is really bad for your eyes.
	6. If you‟re outside on a hot day, water.
	7. exercise, and you will feel fitter and healthier.
	8. time on social media, so you can focus on your tasks.

## Fill in the text with the words in the box. You can use one word more than once.

much many more little less

It‟s important for people to eat as (1) as they need to give them energy. Ifthey eat too

(2) food or the wrong food they won‟t have enough energy. If they eat too (3) , they will need to make (4) exercise; otherwise they will put on weight.

Fat is very high in calories, and has been linked with heart disease. (5) experts believe that eating (6) fat would help to reduce heart disease. Sugar isn‟t good for the energy balance. There‟s no doubt that too (7) sugar makes you fat and it is not good for your teeth either.

On the other hand, fibre that is found in cereals, fruits and vegetables is an important part of a healthy balanced diet. One of the simplest ways of eating (8) fibre is to eat (9) bread. It‟s a good, cheap source of fibre and nutrients without too (10) calories. Potatoes are good, too.

So to keep healthy, eat (11) fatty food, sweets, chocolate, cakes, jam and eat (12)

 bread, potatoes, pasta, fresh fruit and vegetables.

1. **Fill in the blanks with *and*,*so*, *but*, *or*.**
2. We stayed at home watched a film.
3. I want to buy a new car, I don‟t have enough money.
4. She had a terrible headache last night, she couldn‟t go out.
5. I eat cake, I never eat biscuits; I don‟t like them.
6. Would you like cake biscuits with your coffee?
7. My job is very interesting, it doesn‟t pay very well.
8. We can go by bus, we can walk.
9. My classmate studies very hard, she always gets good marks.
10. You had better hurry up, you‟ll be late for work.
11. The Japanese eat healthily, they have high life expectancy.
12. **Join each pair of sentences by using a suitable conjunction: *and, but, or, so*.**
	1. The bus stopped. The man got off.
	2. Junk food tastes so good. It is bad for your health.
	3. You should eat less junk food. You will put on weight.
	4. He is a vegetarian. He doesn‟t eat any meat.
	5. Would you like meat for lunch? Would you like vegetables for lunch?
	6. Susan went to the park. She had a ride on the swing.
	7. I love fruit. I am allergic to strawberries.
	8. There was a heavy rain. The roads were flooded.

## Match the two parts of the sentence.

* 1. The doctor advises him to relax more,
	2. The Americans love steak,
	3. Burgers are very tasty,
	4. My father likes tea,
	5. He was very hungry,
	6. Sam went to the dentist‟s,
	7. We wanted to go to the cinema
	8. Don‟t tell Mary about her birthday party,
1. so he ate all the cakes.
2. but I prefers coffee.
3. or he will be sick.
4. or you‟ll spoil the surprise.
5. because he had a toothache.
6. and they love hamburgers, too.
7. although they are not very healthy.
8. but there weren‟t any seats left.

1. ;2. ;3. ;4. ; 5. ;6. ; 7. ; 8.

## Fill in each blank with a suitable preposition.

* 1. Would you like to go out? - No, thanks. I‟d rather stay home.
	2. If you‟re going to watch the football, you can count me . I don‟t like football.
	3. I‟ve put 2kg in the last month.
	4. The Japanese eat healthily, so they live a long time.
	5. Sitting too close the TV hurts your eyes.
	6. Be careful what you eat and drink.
	7. She runs six miles every day to help keep herself shape.
	8. Watching TV too much isn‟t good your eyes.
1. **SPEAKING**

## Complete the conversation, using the phrases or sentences in the box.

what are the best foods to eat?

it's bad for your teeth and health. how to stay healthy?

can I drink it sometimes?

what should I avoid? what else is important?

Tom: Can you give me some suggestions on (1) Doctor: Well, first of all, you need to make sure that you eat the right foods.

Tom: (2)

Doctor: You should eat fresh fruits, vegetables, and whole grains. Tom: (3)

Doctor: You need to avoid highly fatty and greasy foods. Tom: (4)

Doctor: You need to get plenty of exercise every day. Tom: How about soda? (5)

Doctor: It‟s okay to drink soda once in a while, but never overdo it. (6)

## Match the health problems with the correct advice.

* 1. I have spots on my face.
	2. I get sunburnt.
	3. I‟ve got flu.
	4. I‟m putting on weight.
	5. I have a toothache. My tooth hurts.
	6. I have a sore throat.
	7. My eyes are sore and tired.

## Put the dialogue into the correct order.

 My father gave me some painkillers.

\_1\_ Hi. What‟s the matter with you?

a.You should go to your dentist.

1. Eat less junk food and do more exercise.
2. You shouldn‟t drink cold drinks.
3. Apply an aloe vera lotion and drink lots of water.
4. Spend less time in front of screens.
5. Stay at home and have a rest
6. Wash your face regularly.

 A horrible headache? Has anything hit you in the head lately?

 If you are still hurts, you should see the doctor.

 Oh! Did you take any medicines?

 I had a horrible headache last week.

 My head hit a door few days ago.

1. **READING**

## Fill in each blank with a word from the box.

put home-cooked vitamins weight growing unhealthy like diet

Good nutrition is especially important for (1) teenagers. Unfortunately many teenagers have an unbalanced (2) . They buy (3) \_ takeaway food every

day or even a few times a day. If you eat fast food regularly, you are more likely to (4)

 on weight than if you eat fast food only occasionally. About nine in ten teenagers eat junk food every day. This might be fizzy drinks and snacks (5) potato chips. Compared to (6) food, junk food is almost always: higher in fat, particularly saturated fat; higher in salt; higher in sugar; lower in fibre; lower in nutrients, such as (7)

 and minerals.

Junk food is poor fuel for your body. A poor diet can cause (8) \_ gain, high blood pressure, fatigue and concentration problems.

## Read the text, then decide whether the following statements are true (T) or false (F).

These are some easy habits that help you stay healthy and live longer.

### *Go for a jog*

Exercise is key to good health. Aerobic activity, like running, is crucial for getting your blood pumping and your heart working. A recent study showed that people who run have 25 to 40 per cent reduced risk of early death, and live about three years longer.

### *Get more sun - but not too much*

The “sunshine vitamin” – vitamin D, that is – has been shown to fight to disease, improve bone health, and prevent depression. Concerns over skin cancer are well-founded, and sunblock is generally a good idea. But getting 15 to 30 minutes of sun exposure a day should be adequate for vitamin D production.

### *Stress less*

The impact of stress on our overall health is huge, so reducing stress is one way to lower our risk of many deadly diseases.

### *Eat more fruits and veggies*

If you want to live longer, eat more fruits and vegetables. The vitamins, minerals, and most importantly, the fibre help control satiety so you do not need to eat much of the animal foods. High fibre diets promote lower cholesterol levels, and reduce the risk of heart disease and cancers such as colon cancer.

* 1. One of the most important things you can do to stay healthy is to exercise.
	2. Vitamin D comes from the sun.
	3. Getting too much sun can be harmful.
	4. Stress doesn‟t impact on your health.
	5. Fruits and vegetables contain vitamins, minerals and fibre.
	6. A high fibre diet can cause heart disease and colon cancer.
1. **WRITING**

## Arrange the words to make sentences.

* 1. cold/ I/ sore throat/ love/ a/ drinks/ but/ have/ I.
	2. Jim/ overweight/ so/ eats/ is/ fast food/ too much/ he.
	3. too much/ bad/ television/ watching/ for/ health/ your/ is?
	4. the flu/ should/ you/ a cold/ if/ have/ or/ you/ home/ stay.
	5. Alex/ usually/ fishing/ so/ loves/ goes/ in/ near/ he/ his house/ fishing/ the lake.
	6. you/ some/ clean/ yourself/ avoid/ diseases/ by/ can/ keeping.

## Write the second sentence so that it has the same meaning to the first one.

* 1. Sue started to eat a low carb diet two years ago.

→ Sue has

* 1. Could you take me to the airport Friday morning?

→ Would you mind

* 1. How about going to the movies tonight?

→ Let‟s

* 1. July stayed home from school yesterday because she had a high fever.

→ July had a high fever,

* 1. She eats fruits and veggies every day, but she keeps gaining weight.

→ Although

* 1. Mark‟s gained 5 kilos since he quit smoking.

→ Mark‟s put

* 1. Joana doesn‟t eat much in order not to be overweight.

→ Joana doesn‟t eat much because

* 1. It‟s a good idea to do exercise regularly.

→ You

**TEST FOR UNIT 2**

## Choose the word whose underlined part is pronounced differently from the others.

|  |  |  |  |
| --- | --- | --- | --- |
| 1. a. myth | b. cycling | c. itchy | d. allergy |
| 2. a. headache | b. spread | c. health | d. weak |
| 3. a. fat | b. leaf | c. of | d. safe |
| 4. a. flu | b. sunburn | c. junk | d. much |
| 5. a. wash | b. wear | c. wake | d. wrap |
| **II. Choose the odd one out.** |
| 1. a. running | b. coughing | c. cycling | d. swimming |
| 2. a. vegetables | b. fish | c. fried chicken | d. fruits |
| 3. a. cold | b. cough | c. stuffy nose | d. sunburn |
| 4. a. soda | b. milk | c. fruit Juice | d. water |
| 5. a. fever | b. health | c. obesity | d. headache |

## Choose the best answer a, b, c, or d to complete the sentence.

* 1. Please wake me \_ at 5 and we will leave at 6 in the morning.
		1. up b. on c. over d. in
	2. If you want to weight, you should follow a low-fat diet.
		1. lose b. gain c. put on d. take
	3. Junk foods are high in fat, sodium and sugar, which can lead to .
		1. fever b. allergy c. obesity d. stomachache
	4. He looks so . He can‟t keep his eyes open!
		1. happy b. tired c. healthy d. fit
	5. If you want to stay healthy, eat vegetables, whole grains, fruit and fish.
		1. much b. fewer c. more d. less
	6. Fruit tastes good it‟s healthy for your body.
		1. so b.but c. or d. and
	7. You are you eat, so don‟t eat unhealthy foods.
		1. what b.who c. which d. that
	8. She looks very tired. She should work or she will get sick.
		1. well b. less c. more d. enough
	9. She stays in by exercising daily and eating well.
		1. health b. fit b. size d. shape
	10. Don‟t sit too close to the screen, .
		1. and you‟ll hurt your eyes b. so you can see more clearly

c. or you‟ll get a headache d. but it‟s bad for your health

## Write the correct form or tense of the verbs in brackets.

* 1. (you/ eat) fried chicken last night?
	2. He (put) on a lot of weight recently.
	3. I often (drink) coca cola when I was a child.
	4. Joana (wash) her face regularly to prevent spots.
	5. I think he (not pass) the exam. He hasn‟t studied at all.
	6. She (have) a sore throat, and she (cough) terribly now.
	7. You should try (exercise) a couple times a week.
	8. He keeps (sneeze), so I think he‟s got a cold.
	9. What (you/ do) tomorrow evening?
	10. My mother doesn‟t like \_ (eat) fast food.

## Supply the correct form of the words in brackets.

* 1. The Japanese eat , so they have high life expectancy. (health)
	2. Drinking unclean water can cause \_. (sick)
	3. My uncle is a . He doesn‟t eat meat or fish. (vegetable)
	4. can increase the risk of heart disease and diabetes. (obese)
	5. I‟m to shellfish, so I can‟t eat lobster and shrimp. (allergy)
	6. I got during my beach vacation. (sunburn)
	7. Lack of vitamin E can cause skin diseases and . (tired)
	8. The symptoms of the disease include fever and . (head)

## Match the questions to the answers.

* 1. How many calories should I eat in a day?
	2. Shall we go and play basketball?
	3. What activity uses a lot of calories?
	4. What should I do to prevent spots?
	5. How do you feel now?
	6. What happens when we don‟t have enough calories?
	7. Why should people drink green tea?
	8. What should I do to lose weight?

a.A little better, but still feel tired.

b.Wash your face daily and use gentle skin care products.

c. Eat less junk food and do more exercise d.Count me out. 1 prefer to stay home. e.We‟ll feel tired and weak.

f. Between 1,600 and 2,500.

g.I think it‟s running.

h.Because it can help prevent cancer.

## There is one mistake in each sentence. Underline and correct the mistake.

* 1. Sitting close to the laptop‟s screen hurt your eyes.
	2. You can avoid many diseases by eat healthy food.
	3. You look so bad! How‟s wrong with you?
	4. Eating lots of fast food can make you fat or obesity.
	5. Eating more fruit and vegetables to get vitamins, minerals, fiber.
	6. Good nutrition is a important part of leading a healthy lifestyle.
	7. Watch more television; if not, your eyes will be tired.
	8. I‟ve drunk three glasses of beer, but I‟ve got a headache.

## Choose the word which best fits each gap.

Breakfast is the (1) important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) and helps to maintain your blood sugar level. Studies have shown that people who don‟t have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) weight if you eat in the morning rather than later in the day. Dividing the day‟s calories (5) three meals helps take off weight more efficiently than (6) breakfast and having two larger meals a day does.

|  |  |  |  |
| --- | --- | --- | --- |
| 1. a. healthy | b. tasty | c. main | d. most |
| 2. a. strenght | b. power | c. energy | d. effort |
| 3. a. able | b. enable | c. unable | d. capable |
| 4. a. lose | b. put | c. gain | d. drop |
| 5. a. in | b. into | c. up | d. for |
| 6. a. skipping | b. making | c. buying | d. serving |

## Read the text carefully then choose the correct answers.

The island of Okinawa in Japan has some of the oldest people in the world. It‟s famous for its high number of centenarians – men and women who live beyond 100 years of age. There have been many scientific studies of their lifestyle and you can even buy cookery books based on their diets. Some of the reasons for their good health are that they ...

* go fishing and eat what they catch.
* regularly do gardening and grow their own fruit and vegetables.
* go cycling and never drive when they can walk.
* often spend time with friends. They meet at people‟s houses and play games.
* rarely buy food from a supermarket.
* do regular exercise, go swimming and lead active lives.
	1. According to the passage, Okinawa is well known for .
		1. its beauty b. its centenarians c. its subtropical climate d. its cuisine
	2. The people of Okinawa \_ .
		1. cook very well b. eat a lot of meat

c. have an unhealthy diet d. have the longest lifespan

* 1. Which of the followings is NOT true about the Okinawans?
		1. They eat what they fish and grow. b. They often buy food at the supermarket.

c. They do exercise regularly. d. They enjoy socializing with friends.

* 1. A centenarian is a person who .
		1. is 100 years old b. is almost 100 years old

c. is 100 years old or more d. is 100 years old or less

* 1. The Okinawans live a long life because .
		1. they have healthy diets and living habits. b. they walk as much as they can.

c. they love gardening and going fishing. d. they only eat fruit and vegetables.

## Write sentences, using the words given.

* 1. Phong/ eat/ lots of/ junk food/ so/ he/ putting/ weight.
	2. I/ exercise/ daily/ because/ I/ want/ stay/ healthy.
	3. Sitting/ too/ close/ the TV/ hurt/ your eyes.
	4. She/ often/ take/ paracetamol/ if/ she/ get / bad/ headache.
	5. how many calories/ you/ bum/ do/ aerobics/ 2 hours?
	6. getting/ enough/ sleep/ help/ students/ do/ their best/ the classroom.

**ĐÁP ÁN**

**UNIT 2**

1. **PHONETICS**

**I.** /f/: fun, fine, coffee, graph, phone, stuff, enough, laughing, leaf, few

 /v/: over, brave, verb, clever, leave,vat,view, valley, save,valve

## II.

|  |  |
| --- | --- |
| **/f/** | **/v** |
| feel, wife, laughing, floor, life, fast, furious, beautiful, rough, elephants, frogs | living, movie, invitation, creative, have |

1. **VOCABULARY AND GRAMMAR**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **I.** 1. h | 2. c | 3. a | 4. e | 5. g | 6. d | 7. f | 8. b |
| **II.** 1. flu | 2. Obesity | 3. sunburn | 4. cold |
| 5. allergy | 6. toothache | 7.fever | 8.earache |
| **III.**1. have - feel | 2. feels | 3. has a – feels | 4. had a - feel |
| 5. have (a) | 6. had an – felt | 7. has | 8. feel - have a - have a |

## IV.

|  |  |
| --- | --- |
| **Illnesses and symptoms** | **Activities** |
| flu, cough, sore throat, fever, allergy, runny nose, headache, sneezing, red skin, stomachache | playing sports, walking, watching TV, gardening, swimming, doing aerobics, exercising, cycling, relaxing, sleeping |

1. 1. more 2. more 3. more 4. less 5.less 6. less – more 7. more 8. less
2. 1. Play less 2. Eat more 3. Sleep more 4. read more

5. Watch less 6. drink more 7. Do more 8. Spend less

1. 1. much 2. little 3. much 4. more 5. Many 6. less

7. much 8. more 9. more 10. many 11. less 12. more

1. 1. and 2. but 3. so 4. but 5. or 6. but 7. or 8. so 9. or 10. so
2. 1. The bus stopped, and the man got off.

2.Junk food tastes so good, but it is bad for your health.

3.You should eat less junk food or you will put on weight.

4.He is a vegetarian, so he doesn‟t eat any meat.

5.Would you like meat or vegetables for lunch?

6.Susan went to the park and had a ride on the swing.

7. I love fruit, but I am allergic to strawberries. 8.There was a heavy rain, so the roads were flooded.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **X.** 1. c | 2.f | 3.g | 4.b | 5.a | 6.e | 7.h | 8.d |
| **XI.** 1. at | 2. out | 3. on | 4. for | 5. to | 6. with | 7. in | 8. for |

1. **SPEAKING**
2. 1. how to stay healthy?

2.What are the best foods to eat?

3.What should I avoid?

4.What else is Important?

5.Can I drink it sometimes?

6.It‟s bad for your teeth and health.

**II.** 1. g 2. d 3. f 4. b 5. a 6. c 7. e

**III.**- Hi. What‟s the matter with you?

* + I had a horrible headache last week.
	+ A horrible headache? Has anything hit you in the head lately?

-My head hit a door few days ago.

-Oh! Did you take any medicines?

-My father gave me some painkillers.

-If you are still hurts, you should see the doctor.

1. **READING**

**I.** 1. growing 2. diet 3. unhealthy 4. put 5. like 6. home-cooked 7. vitamins 8. weight

**II.** 1. T 2. T 3. T 4. F 5.T 6.F

1. **WRITING**
2. 1. I love cold drinks, but I have a sore throat. 2.Jim eats too much fast food so he is overweight.

3.Is watching too much television bad for your health? 4.If you have the flu or a cold you should stay home.

 5.Alex loves fishing so he usually goes fishing in the lake near his house.

 6.You can avoid some diseases by keeping yourself clean.

1. 1. Sue has eaten a low carb diet for two years.

2.Would you mind taking me to the airport Friday morning?

3.Let‟s go to the movies tonight.

4.July had a high fever, so she stayed home from school yesterday.

5.Although she eats fruits and veggies every day, she keeps gaining weight.

6.Mark‟s put on five kilos since he quit smoking.

7.Joana doesn‟t eat much because she doesn‟t want to be overweight. 8.You should do exercise regularly.

 **TEST FOR UNIT 2**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. 1. b
2. 1. b

**III.**1. a | 2. d2. c2. a | 3. c3. d3. c | 4. a4. a4. b | 5. d5. b5. c | 6. d | 7. a | 8. b | 9. d | 10. c |
| **IV.** 1. Didyou eat | 2. has put | 3. drank | 4. washes |
| 5. won‟t pass9. are you doing**V.** 1. healthily | 6. has - is coughing10. eating/ to eat2. sickness | 7. to exercise3. vegetarian | 8. sneezing4. Obesity |
| 5.allergic | 6. sunburnt | 7. tiredness | 8. headache |
| **VIII.** 1. f 2. d 3. g**VII.** 1. hurt→ hurts 3.How‟s → What‟s 5.Eating→ Eat7. more → less**VIII.** 1. d 2. c 3. c | 4. b4. a | 5. a5. b | 6. e 7. h 8. c 2.eat → eating 4.obesity → obese6.a important → an important8. but → so6. a |

**IX.** 1. b 2. d 3. b 4. c 5. a

**X.** 1. Phong eats lots of junk food, so he is putting on weight.

2. I exercise daily because I want to stay healthy. 3.Sitting too close to the TV hurts your eyes.

4.She often takes paracetamol if she gets a bad headache. 5.How many calories do you burn doing aerobics for 2 hours?

6.Getting enough sleep helps students (to) do their best in the classroom.