

Language summary

Grammar

Imperatives

Affirmative statements	Negative statements
Walk for 20 minutes every day. Stretch before you exercise. Eat 30 minutes before you lift weights.	Don't walk right after eating. Don't stretch too quickly. Don't eat a big meal before you lift weights.

- Imperatives can be affirmative or negative.
- The subject (*you*) is implied; it is not directly stated. The sentence begins with the verb.
- Use imperatives to give instructions or directions.

Adverbs of manner

Statements with adjectives	Statements with adverbs
My sister is a deep sleeper. They are slow runners. You are a careful eater. I am a noisy breather.	She sleeps deeply . They run slowly . You eat carefully . I breathe noisily .

- Add *-ly* or *-ily* to an adjective to form most adverbs of manner.
- The adverb follows the verb.
- Adverbs of manner describe how something is done.

How questions

Questions with adverbs	Answers
How often do you drink coffee? How long do you sleep every night? How well do you relax?	Three times a day. About six hours. Not very well. / Extremely well.
Questions with adjectives	Answers
How healthy is your diet? How stressed are you?	Somewhat healthy. Pretty stressed.
Questions with quantifiers	Answers
How many cups of coffee do you drink? How much sleep do you get?	Three cups. Quite a bit.

- In questions, use *how* before an adverb, an adjective, or a quantifier.
- *How* + adjective is usually followed by the verb *be* (not *do*).

Vocabulary

Parts of the body

ankle
arm
back
ear
eye
finger
foot (feet, plural)
hand
head
knee
leg
mouth
neck
nose
shoulder
stomach
throat
toe
tooth (teeth, plural)
wrist

Healthy habits

eat a balanced diet
eat a good breakfast
exercise daily
get enough sleep
go for a walk
lift weights
protect your skin
wash your hands

Other words

breathe
stretch
hold
repeat
relax

Health problems

a backache
a cold
a cough
an earache
a fever
the flu
a headache
a sore throat
a stomachache
a toothache

Functions

Saying how you feel

I'm not feeling well.
I don't feel so good.
I feel awful.

Wishing someone well

Take it easy.
Get well soon.
I hope you feel better.