



FEELING SICK

Activity 1: Scrambled Sentences

Arrange the words in the correct order

1. scary are Hospitals. _____
2. healthy a Eat breakfast. _____
3. afraid am of I injections. _____
4. bed to Don't too go late. _____
5. to the going I doctor like. _____
6. don't like I medicine taking. _____
7. or walk You cycle should more. _____
8. healthy every to It is day exercise. _____
9. much good sugar Too is not you for. _____
10. too much Eating not healthy fast is food. _____

Verb Tenses: When Did It Happen?

Verbs don't just show action; they also tell us **when** the action happens! Let's look at the three main simple tenses:

- **Present Simple:** For things that happen often, every day, or are generally true. (e.g., *I feel, she drinks, they study*)
- **Past Simple:** For actions that started and finished in the past. (e.g., *I felt, she drank, they studied*)
- **Future Simple:** For actions that will happen in the future. We often use 'will'. (e.g., *I will feel, she will drink, they will study*)

Activity 2: Time Travel with Verbs!

Read each sentence. Look at the word in () and change it to the correct **Present Simple, Past Simple, or Future Simple** tense. Think about when the action happens!

1. Betty always _____ (feel) tired when she doesn't get enough sleep.
2. Yesterday, she _____ (go) to the doctor for an appointment.
3. Next week, Betty _____ (write) a very important exam.
4. Right now, Dr. Snow _____ (tell) Betty to stay in bed.
5. Betty _____ (not take) any medicine before her visit.
6. Tomorrow, she _____ (start) drinking lots of water.
7. Usually, oranges _____ (help) fight the flu.
8. Dr. Snow _____ (hope) Betty gets well soon.

Teacher's Key

Activity 1: Scrambled Sentences

1. Hospitals are scary.
2. Eat a healthy breakfast.
3. I am afraid of injections.
4. Don't go to bed too late.
5. I like going to the doctor.
6. I don't like taking medicine.
7. You should walk or cycle more.
8. It is healthy to exercise every day.
9. Too much sugar is not good for you.
10. Eating too much fast food is not healthy.

Activity: Time Travel with Verbs!

1. Betty always **feels** (feel) tired when she doesn't get enough sleep.
2. Yesterday, she **went** (go) to the doctor for an appointment.
3. Next week, Betty **will write** (write) a very important exam.
4. Right now, Dr. Snow **is telling** (tell) Betty to stay in bed. (Note: "Is telling" is Present Continuous, but "tells" is also acceptable for general truth/habit in Present Simple. Given the context "Right now," Present Continuous is more precise.
5. Betty **did not take** (not take) any medicine before her visit.
6. Tomorrow, she **will start** (start) drinking lots of water.
7. Usually, oranges **help** (help) fight the flu.
8. Dr. Snow **hopes** (hope) Betty gets well soon.