



SPEAKING TIME

7.

Work in pairs. Read the example, use the clues in part 1 and talk to each other giving and receiving advice.

e.g.

Sharon: I have dandruff. What **should / must** I do?

Dorothy: You **should / must** use baking soda. You **should** wet your hair and then rub a handful of baking soda into your scalp and rinse.



READING TIME

8.

Answer: What do you do if you have a sore throat?

9.

Read the text and the note. Then, complete the sentences.

Cure Bad Breath, and Excessive Sweating with a Home Remedy

Halitosis, bad breath, is an everyday health problem. It is embarrassing, but it is easy to cure at home. If you have upset stomach, tooth decay and real illness, such as stomach ulcers or tumors, you can have bad breath. If you eat some food like garlic or onion, they will cause it, too.

You must try this home remedy from the USA. You need baking soda (sodium bicarbonate), salt, water and a tongue cleaner to do it. First, mix a glass of water and a tablespoonful of baking soda. Next, add a pinch of salt. It shouldn't be very salty, but you should still taste the salt. This is your mouth wash. If you add some oil or peppermint, it becomes tastier, but it is not necessary. Then, you must clean your tongue with a tongue cleaner or brush it with a toothbrush. You shouldn't brush too hard! Finally, gargle with your mouthwash for a couple of minutes. You should repeat this twice a day.

