

1. Answer the questions about the text.

a) Why do our bodies need more energy when we are ill?

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b) What can aid sleeping when we can't sleep because of our symptoms?

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c) What can dehydration cause?

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d) Why should you stay away from caffeinated sodas and coffee when ill?

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2. Write true or false next to the sentences.

a) Gargling with salt water worsens the pain in your throat.

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b) You need to stay away from hot beverages when you are ill.

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c) Eating honey before sleep can lessen coughing.

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d) Taking a hot shower may relieve muscle pain.

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