

GRAMATYKA

Wybierz właściwą opcję:

- I remember salt to the soup, but I'm not sure if I added pepper.
A to add B add C adding D added
- "Where do you want to eat tonight?"
"Let's eat at the vegetarian restaurant, we?"
A will B aren't C don't D shall
- I wish you get up off the sofa and do some exercise!
A can B will C would D should
- "Who bought the tickets for the cup final?"
"I'm not sure. It was either Tom Gary."
A nor B or C and D but
- "Are you going running?"
"No, my ankle hurts much today."
A too B enough C far D very
- That cough will get worse you take some medicine.
A if B whether C unless D when
- Ann is eager the sports club next to her house.
A to join B join C for joining D joining
- "How was your first visit to the new gym?"
"OK, but there wasn't there to give advice about training."
A no one B anyone C nobody D everyone
- If Max had cooked dinner, we take away.
A didn't order B hadn't ordered C wouldn't have ordered D weren't ordering
- "..... you like some green tea, sir?"
"Yes, please."
A Could B Should C Would D Do
- "Is there anything for me to eat?"
"Help to some of Mum's carrot cake."
A yourself B herself C itself D myself
- Henry trains every day to be fit for the marathon.
A in case B so C in order D so that

SŁOWNICTWO

Wybierz właściwą opcję:

- If you're not careful, you'll a cold.
A catch B hold C keep D take
- I shouldn't have eaten that food – I think I'm going to be
A ill B sick C unhealthy D painful
- Here, some medicine and you will feel much better.
A consume B receive C take D drink
- Please take a seat in the waiting and the doctor will see you shortly.
A room B point C surgery D place
- If you want to calories, you need to exercise hard.
A throw B pass C burn D destroy
- Why don't you the smart choice and join a gym?
A make B do C have D select
- I always what Ann's cooking from the smell in the kitchen.
A inform B answer C know D take
- There are some important things to about energy bars.
A guess B wonder C consider D doubt
- This form of exercise back hundreds of years.
A goes B comes C moves D falls
- I only use products and avoid strong chemicals.
A clean B clear C true D natural
- Fat is by our bodies to give us energy.
A kept B stored C saved D held
- Terry stopped playing sport and on a lot of weight.
A took B held C brought D put
- I'm going to a short nap; I'm very tired.
A keep B take C go D try
- My mum's cooking is delicious – I always my plate!
A dry B clear C wash D free

Uzupełnij zdania podanymi wyrazami:

digest

deep

poisoning

scrambled

dairy

itchy

allergy

prevents

twisted

protect

- 1 If you start to panic, take four or five _____ breaths
- 2 Water helps you to _____ food more easily.
- 3 Fish oil supplements help _____ against illness.
- 4 Erin has a food _____ and can't eat strawberries.
- 5 Do you want _____ eggs for breakfast?
- 6 I've _____ my ankle so I have to rest it all week.
- 7 _____ eyes are a symptom of hay fever.
- 8 You should eat more _____ products.
- 9 Drinking milk _____ high blood pressure.
- 10 Chris got food _____ from some seafood.

Wstaw czasowniki podane z nawiasach w odpowiedniej formie:

- 1 A: I'm really stressed out.
B: If I were you, I _____ (drink) less coffee.
- 2 A: Will you be at the gym tonight?
B: I'm not sure. If I'm tired, I probably _____ (not/go).
- 3 A: If only I _____ (have) a gym nearby.
B: Why don't you go running instead?
- 4 A: Well done for finishing in second place!
B: Thanks, but if I _____ (train) harder, I would have won!
- 5 A: Are you feeling OK?
B: No! I wish I _____ (not/eat) that third pie.

Wybierz właściwą formę czasownika podanego w nawiasie:

1 I expect ___(lose) a kilo a month on this new diet.

- a. lose b. to lose c. losing

2 ___(find) the time to exercise can be difficult.

- a. find b. to find c. finding

3 Is it too late ___(change) my order?

- a. change b. to change c. changing

4 I really fancy ___(order) a pizza!

- a. order b. to order c. ordering

5 Dan is used ___(get) up early to go running.

- a. get b. to get c. to getting

Posłuchaj rozmowy dwojga przyjaciół na temat fast foodów. Przeczytaj poniższe zdania i zdecyduj, czy informacje w nich zawarte są zgodne z treścią nagrania. W okienka wpisz **true** lub **false**.

1 Jack wants Ron to help him with his homework.

2 Jack says that young people need to exercise more often.

3 Ron likes to meet his friends in fast food restaurants.

4 Jack knows where fast food restaurants buy their ingredients.

5 Ron believes that lots of families still eat together.

6 Ron and Jack agree about not eating too much fast food.