

Full Infinitive, bare Infinitive or gerund?

- A- Read the grammar notes in The Powerpoint slides very carefully and, if necessary, take notes about the new information in your English folders or notebooks.
- B- Complete the text below **with full Infinitive, bare Infinitive or -ing form** of the verbs in parenthesis.

One man's meat is another man's poison



1) ----- (stay) healthy is not a task easily accomplished. It means that we should 2) ----- (exercise) regularly and avoid 3) ----- (consume) food or drinks with a high fat or sugar content. However, for some people, 4) ----- (maintain) a balanced diet is even harder because they are allergic or intolerant to certain foods. Food intolerances are not as harmful as food allergies but they do cause unpleasant symptoms and discomfort, which can 5) ----- (begin) hours and days after 6) ----- (consume) the food in question.

For example, people who are intolerant to lactose may want 7) ----- (eat) dairy products such as milk, yogurt or cheese, or food made from these, but they cannot because they will experience symptoms such as nausea and severe stomach cramps. How bad the symptoms are depends on the quantity of the food that has been consumed. People with a lactose intolerance are, therefore, advised 8) ----- (find) a substitute such as milk made from soybeans 9) ----- (prevent) an allergic reaction.

Many people develop food intolerances as a result of poor dietary and lifestyle habits. 10) ----- (know) what and when 11) ----- (eat) plays a crucial role in 12) ----- (help) your body function well. In short, you should 13) ----- (follow) a diet that is varied and seasonal, and trust your body 14) ----- (tell) you what it can or cannot 15) ----- (eat).