



Health and sport

1

Complete the sentences with nouns formed from a word in the first box and a suffix from the second box. Use each word only once.

improve unwilling exist signify exaggerate necessary

-ance -ence -ity -ment -ion -ness

- Despite the campaigns by famous chefs to improve the nutritional quality of school meals, many adolescents continue to show an to adopt a healthy diet.
- The huge of the increase in child health problems should not be underestimated.
- It would be no to say that until governments took steps, soft-drink producers had done nothing to reduce the sugar content in soft drinks.
- Health campaigners are convinced that the reduction in the sugar content of beverages will bring about a considerable in the current and future health of youngsters.
- In order to tackle a problem, you first have to acknowledge its
- The of including fresh fruit and vegetables in our everyday diet cannot be ignored.

Exam tips

- Look at the words before and after each gap and decide what kind of word you need to write – for example, a noun, a verb or an adjective. If you need a noun, check whether it should be singular or plural.
- As well as adding prefixes or suffixes, check if you need to make any internal spelling changes.
- You may only need to make one change to the word given in capital letters, but most often you will have to make two or more changes.

2

Exam task

For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

Example: (0) PARTICULARLY



Addressing health concerns

Healthy eating and keeping physically active are (0) important for children and adolescents. Their nutrition and lifestyle have a direct impact on their (1) and development. Moreover, worldwide trends in obesity in children and teenagers are becoming (2) worrying. Being overweight or obese has been linked to a greater (3) of various health complaints later in life.

PARTICULAR

GROW
INCREASE

OCCUR

One way to improve the dietary habits of schoolchildren is to make (4) to the food served for lunch. Several leading UK chefs have launched campaigns to improve the nutritional quality of the food on school menus. Despite (5) publicity, the improvements to school dinners have not really (6) Attention has now turned to reducing excess sugar in foods and beverages.

ADJUST

CONSIDER
MATERIAL

Some local authorities are introducing a tax on drinks with more than a permitted amount of sugar. (7) have already begun decreasing the quantity of sugar in their drinks. Health campaigners are delighted with this reduction and also with the news that (8) raised from the tax will go towards school sports.

MANUFACTURE

COME