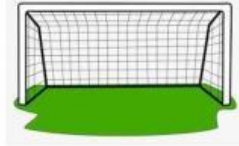


UNIT 2 SPORT 2

1. Look and write the word under the corresponding picture:

muscle	belt	calcium	fiber
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2. Read and complete the sentences with the appropriate words:

oxygen	calcium	tip-top condition	protein
carbohydrates	hydrate	digest	fiber
shin pads		muscles	gymnastics

Meat and fish can take up to 2 days to fully _____. The proteins and fats they contain take longer for your body to pull apart.

_____ in food provide the body with energy and heat. They are found in both healthy and unhealthy foods such as whole grains, fruit, vegetables, milk, popcorn, cookies, soda, etc.

repairs your _____ after exercise and helps your blood cells carry nutrients and oxygen to them.

If you know ways to _____ your skin, you'll look much younger. Drinking plenty of water is the first thing you need to do.

_____ is a chemical every living thing needs to live and breathe.

These _____ are of good quality and can protect your legs effectively when you play football.

Carbohydrates, proteins, fats, vitamins, minerals, and water are the 6 essential _____ for our body.

Don't forget to eat yogurt. It contains _____ that helps strengthen your bones.

Vegetables and fruit are rich sources of _____. This part of food helps prevent constipation by increasing the weight and size of your stool and softening it.

If you want to keep your body in _____, you'll need to do exercise every day from now on.

You need to be very flexible and strong to do _____. You need to train very hard as well.

3. Read and complete the following first conditional sentences:

If my friends forget my birthday, _____.

If she keeps starving herself like this, _____.

Unless these guys stop burning trash, _____.

_____ if you don't put these goggles on.

I'll be very happy _____.

_____, she can get sick very easily.

Unless Peter _____, he will get punished.

4. Listening

Listen to Peer talking to a friend about learning to drive.

For questions 11-15, tick A, B or C. You will hear the conversation twice.

11. Each driving lesson costs:

A. £14.

B. £40.

C. £60.

13. The teacher's car is:

A. slow.

B. old.

C. big.

15. Peter thinks the teacher is too

A. expensive.

B. unfriendly.

C. young.

12. A lesson is:

A. 30 minutes.

B. 45 minutes.

C. 60 minutes.

14. Peter failed the test because:

A. drove too fast.

B. didn't see a crossing.

C. didn't stop at the traffic lights.