

**1. Complete the text using the correct form of the verb in brackets (Gerund or Infinitive).
(10p. - Cr 5.1).**

Getting active at school

It is well known that ¹ (do) exercise every day is good for your health, so some schools are now interested in ² (find) new ways to include exercise in the normal school day. In the United States, Active Schools encourage students ³ (become) fitter by ⁴ (make) sure that they do at least one hour of physical exercise each day before, during and after classes. A few forward-thinking schools have decided ⁵ (change) their normal classroom chairs for exercise bikes ⁶ (allow) their students to cycle while they are studying. Most students are delighted ⁷ (have) the bikes and find it easy ⁸ (concentrate) on their work and cycle at the same time. What do you think? Would you enjoy ⁹ (be) more active at school?

Four years ago, my friend Bernardo had a problem because of ¹⁰ (eat) too many McDonald's hamburgers. He was gaining weight. He decided ¹¹ (go) on a diet. He was recommended ¹² (not eat) fast food and he denied ¹³ (buy) fruits and vegetables. He can't stand ¹⁴ (eat) vegetables. However, he finally bought them. After a month, he had lost a few pounds. But he wanted ¹⁵ (lose) more. I suggested ¹⁶ (join) a gym. Now he exercises every day and he looks better. He's looking forward ¹⁷ (lose) more weight. Although my friend Bernardo miss ¹⁸ (eat), he has found a new entertainment. He enjoys ¹⁹ (cook). Since his girlfriend told him to lose weight, he decided ²⁰ (join) a gym and he is much happier now.