

Text 1.

BY THE LAKE

Kate felt miserable. Her skin was hot and there were red spots all over her. She sat by the lake and watched the others in the water. Why her? Sara had said it was probably the grapes, but Kate knew that wasn't true. She'd had grapes lots of times. The only other things she'd had at the picnic were ham sandwiches and lemonade.

Sara climbed out of the lake, looking pretty in her new swimsuit. She didn't have spots! She had no allergies to anything. Lucky her!

'You poor thing,' Sara said quietly as she sat down. 'Have a drink,' and she handed Kate a bottle of low-calorie lemonade. Kate smiled and sipped the drink. Then she suddenly froze. The low-calorie lemonade! Could that be it? Surely not!

Text 2.

PURE FOOD

More and more people are developing food allergies. Are you one of them? Do you have problems with your breathing or come out in spots after eating certain foods? Do you constantly worry about what ingredients are in the food that you buy? Don't worry any more. Our new Pure Food range has been developed to help you. Our food has no hidden ingredients and is recommended by scientists for people who suffer from allergies. In all big stores from July 1st. Our aim is to keep you happy and healthy!

Text 3.

Allergic reaction to something you've eaten?

- If it is not too severe, go to the pharmacist and ask for advice. He or she will tell you what medicine to take.
- Keep a food diary to try to find out what food causes the reaction. It may be something very common like bread or more unusual like a chemical used in ready meals.
- Ask your doctor for tests to see what causes the reaction.
- However, if you have problems breathing, phone for an ambulance immediately. Some food allergies can be life-threatening and need immediate medical attention.

TEXT 2

4. Write in other words.

More and more people are developing food allergies. _____

Come out in spots. _____

What ingredients are in the food? _____

Our aim is to keep you happy and healthy. _____

1. Read the texts and find the opposites among the underlined words.

upset	≠
happy	≠
ill	≠
loudly	≠
plain	≠
harmless	≠
slight	≠

TEXT 1

2. Put the sentences in the correct order.

Sara joined
Kate.

Kate was
staying on
the shore.

Kate drank
from the
bottle.

3. Choose True or False

Kate was unhappy.	True	False
Kate often ate grapes.	True	False
Kate drank some fizzy drink.	True	False
Sara was wearing new clothes.	True	False
Kate's friend was sympathetic.	True	False

TEXT 3

Read the text and find synonyms.

drugstore	=
remedy	=
source	=
journal	=
popular	=
odd	=
at once	=