

Name: _____

Class: _____

Total: _____/10

Clauses of purpose

1 Match 1-10 with a-k to make sentences.

0 Marla joined a gym k

1 Lawrence is running 10 kilometres every day _____

2 We always wear hats and sunscreen _____

3 Our coach told us to lift weights regularly _____

4 You should avoid eating too many sweets _____

5 You need to stretch after exercising _____

6 Coffee and tea make Amanda feel stressed, so she has given them up _____

7 You can use this new step-counter app _____

8 Mary has decided to become a vegetarian _____

9 My grandparents have taken up swimming _____

10 My sister is learning karate _____

- a to avoid harming animals.
- b in order to protect our skin from the sun.
- c so as to keep your muscles loose.
- d so as not to gain a lot of weight.
- e so that she can protect herself in case she is ever attacked.
- f to get in shape for the 'Run for the Children' marathon.
- g in order to get some low-impact exercise.

h so that we can get stronger chest and arm muscles.

i to keep track of how far you walk each day.

j in order not to feel so nervous.

~~k in order to get more exercise.~~

_____/5

2 Use one word in each gap to complete the clauses of purpose in the extract from an article about student health.

Of course exercise is good for you, but is it possible to get too much of a good thing? Of course it is. In (0) order to get the most out of a new exercise routine, you should start out slowly (1) _____ as not to injure unused muscles, and you should give yourself plenty of time to rest so (2) _____ your body can recover. It is also vital to eat well and drink plenty of water (3) _____ keep your body in the best condition. Sore muscles are normal after exercise, but actual pain is there in (4) _____ to tell you that you are doing too much. If pain lasts for a long time, go to a doctor (5) _____ that you can find out what is really wrong. Listen to your body and you will be fine!

_____/5