

VOCABULARY

- 1 Look at the photos and **circle** the correct options.
- 2 Match the beginnings of the sentences (1–8) with the ends (a–h).
- | | |
|--|--------------------------|
| 1 Nutrition is the food we eat | ☐ |
| 2 Hamburgers, ice cream and chocolate | ☐ |
| 3 The number of calories in food | ☐ |
| 4 Carbohydrates give us | ☐ |
| 5 Protein helps our bodies | ☐ |
| 6 Fruit and vegetables contain | ☐ |
| 7 A balanced diet | ☐ |
| 8 Lots of fibre is good for the stomach | ☐ |
- a tells us how much energy it has.
 b to grow and be healthy and strong.
 c a lot of **vitamins** A and C.
 d and how our body uses it.
 e the energy we need to move.
 f have a lot of **fat** in them.
 g and travels through the body quickly.
 h is eating a good variety of healthy food.

LANGUAGE IN ACTION

- 3 **Circle** the correct options.
- 1 Is there *little / enough* food for everyone or should I cook more?
 2 We don't use too *many / much* milk products in our restaurant.
 3 Owen's just gone out to buy *a few / a little* eggs.
 4 We all need to relax and have *much / a little* fun.
 5 My baby sister isn't *old enough / enough old* to make her own breakfast.
 6 This article gives you a *little / few* ideas on healthy diets.



1 sneeze / cough



5 warm up / sweat



2 sneeze / cough



6 have a fever / get enough sleep



3 go jogging / warm up



7 sweat / warm up



4 relax / get ill



8 get stressed / get enough sleep



4 Complete the sentences with *should*, *shouldn't* or *ought*.

- 1 What _____ we eat to grow stronger?
- 2 The children _____ to eat fewer crisps and sweets.
- 3 A balanced diet _____ to have a little of everything.
- 4 You _____ drink coffee at night – it stops you from sleeping.
- 5 How much exercise _____ we do?
- 6 You _____ eat more than you need.

CUMULATIVE LANGUAGE



5 Complete the conversation with the missing words. Circle the correct options.

- INTERVIEWER** You've just completed a marathon, well done! I'm sure you're tired, but ¹ _____ to answer a few questions?
- BERNADETTE** Sure, I just need ² _____ water. OK, so yeah, it was a great run.
- INTERVIEWER** It was! You ³ _____ a runner, did you? Tell us how it started.
- BERNADETTE** I often got ill when I was younger and I wasn't ⁴ _____ to do sport.
- INTERVIEWER** That's hard to believe! You've ⁵ _____ a marathon in record time!
- BERNADETTE** As a child I spent ⁶ _____ time in bed and I really wasn't fit at all.
- INTERVIEWER** Not enough young people exercise as much as they ⁷ _____ to. What changed for you?
- BERNADETTE** One day, my mother ⁸ _____ a TV programme about foods that some people ⁹ _____ eat because it makes them ill. We later discovered that I ¹⁰ _____ eat bread or anything with gluten in it.
- INTERVIEWER** And what ¹¹ _____ then?
- BERNADETTE** I changed my diet right then and I ¹² _____ gluten since then. I felt better, started doing sport and the rest is history!

- | | | |
|----------------------|--------------------|---------------------|
| 1 a can you | b will you be able | c should you |
| 2 a too much | b a few | c a little |
| 3 a didn't use to be | b used not to be | c didn't used to be |
| 4 a enough strong | b too strong | c strong enough |
| 5 a just completed | b still completed | c yet completed |
| 6 a enough | b too little | c too much |
| 7 a should | b ought | c shouldn't |
| 8 a is seeing | b has seen | c saw |
| 9 a can't | b can't to | c can |
| 10 a shouldn't to | b shouldn't | c ought to |
| 11 a happens | b happen | c happened |
| 12 a didn't eat | b haven't eaten | c still didn't eat |

