Task 1. Rewrite the words in bold using words from today`s lesson

1 If people eat these foods in **big amounts** large quantities., it may be dangerous.

2 Certain foods are **thought** _____ by scientists **to have a positive effect on** _____ our bodies.

3 Foods with **a lot of fat in them** _____ May cause health problems.

4 Some foods may cause _____ health problems **that last long into the future.**

LIVEWORKSHEETS

Task 2. Match the adjectives and nouns to make five collocations to fill the gaps in the sentences below.

adjectives					nouns				
oily	processed	~~wholemeal~~	mental	fizzy	drinks	~~bread~~	fish	health	foods

1 Whole bread is usually considered to be healthy because it contains the complete grain, with nothing taken out.

2 .....may taste good when you're very thirsty, but they often have a high sugar content.

3 Types of..... include salmon.

4 .....often contain artificial colours to make them look more attractive.

5 Some foods can be good for our ..... as well as our bodies.

LIVEWORKSHEETS

Task 3. Correct the mistakes in these sentences. There may be more than one.

1 Blueberries can improve ~~short-time~~ memory. ***term***

2 Many fruits are a good sauce of vitamin C and provide mayor health benefits.

3 Oily fishes should form part of a healthy diet.

4 Which do you prefer to eat as a snack if you're hungry, fruits or nuts?

5 A: There's a new Chinese restaurant in town.

B: Good! I love Chinese foods.

6 There has been a sharp raise in the number of people suffering from depresion.

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Task 4. Complete the two versions of each sentence. Use related word forms, as in the example.

1 Tobacco and alcohol **can cause a lot of *harm*** / **can be *harmful*** to our health.

2 Children **who are**_____ / **who suffer from** _____ need to exercise more.

3 Her job **is very**_____ / **causes her a lot of** _____ and is very tiring.

4 How can we **keep**..... / **maintain a good level of** ? The answer is **to get regular** _____ / to _____ regularly.

LIVEWORKSHEETS