

1 VOCABULARY health and the body

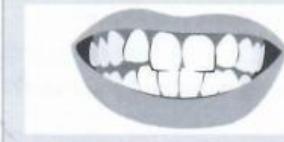
a Order the letters to make words that complete the sentences.

- 1 A dentist looks after your (tceeh) **teeth**.
- 2 Exercise helps to keep your (esslcum) **strong**.
- 3 Doing exercise every day can cut the risk of a (earth) **attack**.
- 4 Drinking a lot of alcohol is bad for your (viler) **liver**.
- 5 You can lose a lot of (dobol) **blood** if you cut your hand badly.
- 6 If you have a skiing accident, you can easily break a (nobe) **bone**.

b Complete the sentences with a word from a. Use plurals where necessary.

FASCINATING FACTS

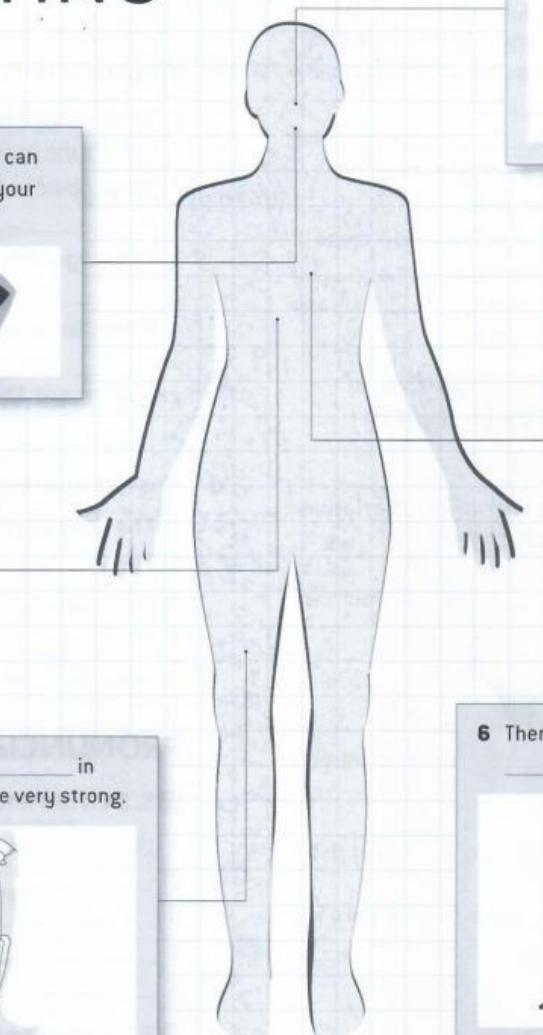
1 Most parts of your body can repair themselves, but your **liver** can't.



2 Your **liver** cleans your body of alcohol and caffeine.



3 The **muscles** in your legs are very strong.



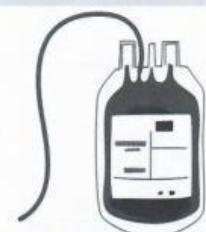
4 You use 17 **muscles** in your face when you smile.



5 In an average lifetime, your **heart** beats 2.5 billion times.



6 There are about 5 litres of **blood** in an adult body.



2 GRAMMAR quantifiers, too, (not) enough

a Complete the sentences with *a few*, *a little*, *much*, *many*, or *a lot of*.

- 1 Max is quite overweight because he eats *a lot of* chocolate.
- 2 Excuse me! Can I ask you _____ questions about your diet?
- 3 How _____ pieces of fruit do you eat a day?
- 4 How _____ sugar do you have in your coffee?
- 5 Could I have _____ more tea, please?
- 6 I watch _____ TV – usually four or five hours a day.
- 7 _____ sunshine is good for you, but no more than 15 minutes a day.
- 8 I only drink _____ cups of coffee a day – maybe two or three.

b Match 1–6 to a–f to make sentences.

- 1 The problem with your diet is that you eat _____.
- 2 You're probably having problems sleeping because you drink _____.
- 3 If you want to lose weight, make sure you do _____.
- 4 I don't like the gym because there are _____.
- 5 I know I need to do more exercise, but when I finish work, I'm just _____.
- 6 Jason's dad had a heart attack, but luckily they got to the hospital _____.

a too tired.
b early enough.
c too much sugar.
d too much coffee late at night.
e enough exercise.
f too many people and not enough machines.

c Rewrite the sentences with the words in brackets.

- 1 You need to do more exercise. (enough)
You don't do *enough exercise*.
- 2 You need to drink less beer. (too much)
You drink _____.
- 3 You go to bed too late. (early enough)
You don't _____.
- 4 Are you getting all the sleep that you need? (enough)
Are you getting _____?
- 5 You need to stop eating all those biscuits – they're bad for your teeth. (too many)
You eat _____.
- 6 I think my diet includes the right amount of fruit and vegetables. (enough)
I think I eat _____.

3 PRONUNCIATION /ʌ/

a Tick (✓) the word that has an /ʌ/ sound.

1 cut	✓	put	
2 muscle		cute	
3 through		enough	
4 food		blood	
5 none		bone	

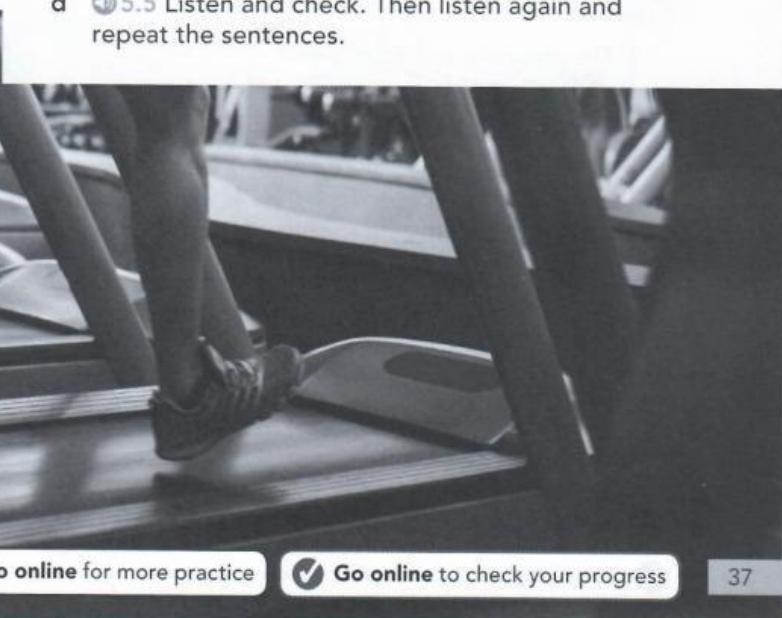


b 5.4 Listen and check. Then listen again and repeat the words.

c Circle the TWO **bold** letters in each sentence that have an /ʌ/ sound.

- 1 Did it hurt when you **cut** **your** **thu**mb?
- 2 Being in hospital **wasn't** **much** **fun**.
- 3 I like to give **blood** every **few** **months**.
- 4 We all need to **get** **enough** **sun**.
- 5 I don't really **do** **much** **run**ning.

d 5.5 Listen and check. Then listen again and repeat the sentences.



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