

Grammar

1 Choose the correct alternative.

- I can't eat this veggie burger. You've put **too many** / **too much** salt in it.
- I only need to get **a few** / **a little** things from the shop – I won't be long.
- They don't want to go to an expensive restaurant because they haven't got **much** / **many** money.
- I only have **a few** / **a little** sugar in my tea, and I'm trying to give up.
- Simran is feeling sick because he's eaten **too many** / **too much** strawberries.
- My sister is very healthy. She does **a lot of** / **much** exercise.

2 Complete the sentences with *have to*, *don't have to*, *need to*, *needn't*, *must* or *mustn't*, and the verbs below. Sometimes there are two correct answers.

ask be bring eat swim score

- We _____ more points to win this game. ____
- All players in the competition _____ under 16 years old. ____
- You _____ your own helmet – the Cycling Club will provide you with one. ____
- You _____ in the lake – it's dangerous. ____
- Athletes _____ special food before they run a marathon. ____
- You _____ your parents to take you by car because there's a bus. ____

Vocabulary

3 Match 1–6 to A–F.

- When you go rock climbing, it's a good idea to wear ____
- To have a healthy lifestyle, you need to develop ____
- The new leisure centre will benefit ____
- People who want to play tennis here need to book ____
- If there isn't any snow, you can't ____
- When I don't follow a recipe, I often make ____

- A a court.
B the whole community.
C go skiing.
D a helmet.
E a mistake.
F good habits.

4 Complete the sentences with the correct verb from the unit.

- Who do you usually _____ badminton with?
- How many goals did you _____ in the last football match?
- Do you _____ jogging in the morning or in the evening?
- Do you _____ in advance what you're going to do at the weekend, or wait and see what happens?
- When did you _____ up eating crisps and start your healthy lifestyle?
- Do you always _____ a warm-up before hockey training?

Cumulative review

5 Choose the correct answer: A, B or C.

If you're hungry, but you'd prefer a light snack to a ¹ _____ meal, then why not try making your own sushi? Sushi is a Japanese dish made from rice and a ² _____ of other ingredients, especially fish. You ³ _____ to use special sushi rice to make it and you ⁴ _____ follow a recipe when you start. You don't need ⁵ _____ fish: a piece of around 150 g is enough. The easiest kind of sushi to make is *nigiri*. Take some cooked sushi rice and make it into a ball with your hands. You need to be ⁶ _____ because this is quite difficult; you can put a ⁷ _____ water on your hands to make it easier. Then cut a 5 mm piece of fish and put it on top of the rice. Then repeat until you have enough *nigiri* for everyone. A ⁸ _____ of *nigiri* for one person is around six pieces. Sushi is healthy because fish is good for your brain and can help you ⁹ _____ when you're studying. You'll also find that you'll have a lot of ¹⁰ _____ after you eat it because of the rice. Sushi is a good choice for a ¹¹ _____ lifestyle. Some people also like the taste and think it is ¹² _____ ... other people aren't so positive!

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|----------------|---------------|-----------|
| 1 A portion | B heavy | C variety |
| 2 A little | B variety | C portion |
| 3 A don't have | B mustn't | C have |
| 4 A must | B needn't | C mustn't |
| 5 A many | B a little | C much |
| 6 A fed up | B patient | C healthy |
| 7 A few | B some | C little |
| 8 A portion | B lot | C little |
| 9 A eat | B drink | C focus |
| 10 A exercise | B energy | C money |
| 11 A heavy | B sustainable | C healthy |
| 12 A delicious | B healthy | C heavy |

6 Answer the questions.

- Do you think you have a healthy breakfast? Why? / Why not?
- What's the most unusual sport you know? What are the rules?

REFLECT Think about the following questions.

- Which lesson in this unit did you enjoy the most? Why?
- Which of the grammar points did you find most difficult?
- How can you ask someone for advice? How can you give advice to someone else?
- How can you give your opinion in a blog? Think of four or more examples.