

MINDSET STUDENT BOOK UNIT 8

GRAMMAR AND VOCABULARY

01 Match the different sporting activities in the box with the pictures.

play basketball do yoga do exercise
play tennis go for a walk go cycling

1



2



3



4



5



6



02 Complete the sentences using the correct form of the verbs in the box.

get(x3) drink(x2) do(x2) eat have join go(x2) play(x2)

- 1 It can be expensive to _____ a gym, but they often have a lot of modern equipment.
- 2 It is very important to _____ plenty of water whenever you _____ exercise.
- 3 I _____ lots of fruit and vegetables and _____ yoga twice a week.
- 4 I like to _____ running in the park so I can _____ some fresh air when I exercise.
- 5 It is a good idea to _____ a personal trainer to _____ advice about living healthily.
- 6 I _____ tennis three times a week and _____ for walks in the park.
- 7 It is important to _____ lots of sleep every night.
- 8 When you _____ green tea, it can help you relax.
- 9 Many young people _____ a sport or do exercise at school.

03 Read the dialogues and decide if the sentences are correct ✓ or incorrect X. Then correct the mistakes.

- 1 A What you should eat to be healthy?
B It is important to eat lots of fruit and vegetables.
☐ _____
- 2 A Is it important to exercise?
B Yes, you should exercise for at least 150 minutes a week.
☐ _____
- 3 A Is it a good idea to play computer games for many hours?
B No, you should play on your computer for so long.
☐ _____
- 4 A Do you have any other advice about being healthy?
B I think you should find ways to relax.
☐ _____
- 5 A What is the best way to relax?
B I like doing yoga. I think you shouldn't try it.
☐ _____

04 Complete the conversation using *should* / *shouldn't* / *should not* and a verb in the box.

eat drink play ride watch get

- A Did you see that programme last night about how to stay healthy? I learnt so much.
B Really? I didn't see it. Did you think it was interesting?
A Yes, it had lots of useful suggestions. Do you know we 1 _____ five glasses of water a day? I never normally have that much but I'll try from now on.
B That's a good idea. I always think I 2 _____ more sleep. Did it mention anything about sleep?
A Yes, it said we should sleep for at least eight hours. However it's not always possible.
B I only sleep for about seven hours, so I think I should go to bed earlier.
A Yes, it will give you more energy. The other thing it warned against was watching too much TV. It said we 3 _____ more than two to three hours a day.
B Did it mention what activities are good for you?
A Well, any exercise is good. You 4 _____ sport at school if you like it. If not, you 5 _____ a bicycle or walk to school instead of going by bus or car.
B What about food? Did it give any advice about healthy eating?
A Yes, and I think this was the most important piece of advice. We 6 _____ fast food more than once a week and make sure we eat at least five pieces of fruit and vegetables a day.

05 Read the sentences and underline the correct answer.

- 1 We **have to** / **don't have to** wear sports clothes during sport lessons otherwise we can't take part.
- 2 You **have to** / **don't have to** pass a swimming test to be a lifeguard at the swimming pool.
- 3 You **have to** / **don't have to** be fit to do yoga because anyone can try it.
- 4 You **have to** / **don't have to** spend a lot of money to stay healthy. You can go running in the park for free.
- 5 We **have to** / **don't have to** wear special shoes when we play football. Otherwise, it is difficult to run.
- 6 You **have to** / **don't have to** join the gym to take exercise classes, but they cost less for members.
- 7 Professional sports players **have to** / **don't have to** practise for at least three hours a day.
- 8 You **have to** / **don't have to** be good at sports to stay fit, but regular physical activity is good for you.



06 Complete the texts using *has to* / *have to* / *doesn't have to* / *don't have to*.

- 1 At school, there are some new rules. The most important one is that we _____ turn off our mobile phones before the lesson. However, unlike most schools, we _____ wear school uniform every day. We can wear our own clothes.
- 2 At university, students can come to classes whatever time they want. They _____ come into class every morning. It is their choice. However, the university has a special rule about students who can't attend due to illness. If they are going to be late, they _____ send an email to their teacher.

07 Complete the dialogue using *should* / *shouldn't* / *should not*.

- A I enjoy playing tennis but I want to improve. What 1 _____ I do?
- B My advice is you 2 _____ practise as much as possible. How often do you play?
- A Twice a week at the moment. Is that enough?
- B No, I suggest you 3 _____ train more often. I don't think it's possible to improve if you don't play more.
- A I know I 4 _____ have rest days when I don't practise. Do you think I need to play every day then? Is it really necessary?
- B Maybe not every day, but you 5 _____ just play twice a week – that's not enough. That's my advice. Also, it's a good idea to get help from someone who can teach you. I think you 6 _____ have tennis lessons.

08 Match the two halves of the sentences.

- | | |
|------------------------------|------------------------------|
| 1 It is a good idea to pay | A great way to keep fit. |
| 2 Joining the gym | B a healthy diet. |
| 3 It is more fun when you go | C for a personal trainer. |
| 4 It is important to follow | D running with other people. |
| 5 I think it's better to do | E can be expensive. |
| 6 Running is a | F yoga than go to the gym. |

