

**1. Read the following text about health. Then answer the questions below.****HEALTH ADVICE****from your own doctor****LOOK GOOD and FEEL GOOD!**

You are what you eat. If you eat badly, your body will find ways of letting you know sooner or later. Gaining extra weight, having spotty skin, poor teeth and heart disease can all point to the fact that you are not eating properly. Your lifestyle also plays an important part in your general health and your body needs time to relax after a meal.

The following do's and don'ts should help you keep fit:

- Do get plenty of fresh air – that way you'll sleep better.
- Do make sure you eat plenty of fresh fruit and vegetables.
- Don't overcook vegetables – either steam them or use a small amount of water so that they keep their goodness.
- Don't eat too much fat, sugar and salt.
- Do try to take some exercise at least three times a week – especially if you sit at a desk all day.

**REMEMBER: EAT TO LIVE – DON'T LIVE TO EAT!****An interview with a vegetarian**

Helen has been a vegetarian for twelve and a half years. She says, "I've never really liked meat, and throughout my teens ate less and less of it. Then, I went abroad on holiday one year and when I came back, I decided to give up meat for ever. I stopped overnight. I'm more interested in food and cooking now than I used to be. My husband and I love food and we spend hours experimenting with different recipes – there's so much you can do with vegetarian food. Our favourite foods are mainly Italian and Indian. We think people should eat more vegetables to be healthy."

1) How might your body tell you that you are eating badly?

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2) What shouldn't you do according to the doctor?

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3) How long has Helen been a vegetarian?

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4) Helen was not as interested in food in the past as she is now.

TRUE FALSE

5) Helen and her husband get their food made.

TRUE FALSE

2. Read this article and then complete each blank with one word only.

### PHYSICAL FITNESS

Physical fitness can help you live longer, feel healthier and cope with life's problems. Various activities can help you keep fit: from running marathons to climbing mountains. For the average non-sporting person \_\_\_\_\_ doesn't have much spare time, activities like these are not very practical and, to be honest, they are a waste of time. It is much better in my view to devote no more \_\_\_\_\_ half an hour every other day to doing exercises. The important thing is to follow a routine so that you don't say to yourself, 'I won't bother today!' or 'I \_\_\_\_\_ do it later!' This routine may help you start \_\_\_\_\_ exercise regularly. \_\_\_\_\_ you haven't got the personality to establish a routine like this, a sport like tennis and golf might suit you better. Your partner will help you remember to play regularly and you'll be \_\_\_\_\_ to get your exercise outdoors, too.

Another way of keeping fit is jogging: the important thing here is to build up slowly and \_\_\_\_\_ to overdo it – otherwise you may give yourself a heart attack on your first run! It's best to keep away from roads \_\_\_\_\_ that you do not breathe in traffic fumes instead of fresh air and \_\_\_\_\_ case you get run over! Taking exercise \_\_\_\_\_ be time consuming but the feeling of being fit and healthy compensates for the few minutes a day it takes.

3. Read the following letter. Then complete it with the appropriate verb form. Whenever you see +, remember to use a modal verb.

Dear Sammy,

I am writing to tell you about my decision. I had to do something to lose weight when I looked at myself in the mirror some time ago and realised I \_\_\_\_\_ (become) too fat! But I wasn't worried about it until I \_\_\_\_\_ (see) the doctor. First he asked me what \_\_\_\_\_ (I / eat). Then he told me that I \_\_\_\_\_ (+ / probably / have) a heart attack unless I started eating less junk food. He also told me \_\_\_\_\_ (start) a diet.

When you are on a diet, you \_\_\_\_\_ (+ resist) temptation to eat the wrong food even when you feel hungry. This may be hard to do; so I \_\_\_\_\_ (go) to a health farm for a month where I will have to follow my diet strictly. My food \_\_\_\_\_ (prepare) by the people on the farm. This food will be special. Some people say it is only lettuce and carrots . . . I hope not!

Wish me good luck. I \_\_\_\_\_ (always / want) to lose some weight and be slimmer, and I think this time I will. When you see me again, I'll be so slim that you \_\_\_\_\_ (not recognise) me!

Best wishes,

Your friend