**Exercise 3: Choose the sentence that is closest in meaning to the first sentence. Use the words and phrases in bold to help you.**

1. **Whenever** it's my aunt's birthday, she organizes a family get-together.

- My aunt **always** organizes a family get-together for her birthday.
- My aunt **occasionally** organizes a family get-together for her birthday.
- My aunt **rarely** organizes a family get-together for her birthday.

2. When it's my aunt's birthday, she **usually** organizes a family get-together.

- My aunt **almost never** organizes a family get-together for her birthday.
- My aunt **always** organizes a family get-together for her birthday.
- My aunt organizes a family get-together **most years** for her birthday.

3. My aunt **often** organzes family get-togethers.

- My aunt **always** organizes family get-togethers.
- My aunt **occasionally** organizes family get-togethers.
- My aunt organizes **a lot of** family get-togethers.

4. My aunt organizes family get-togethers **from time to time**.

- My aunt **almost** never organizes family get-togethers.
- My aunt **always** organizes family get-togethers.
- My aunt **occasionally** organizes family get-togethers.

5. My aunt organizes a family get-together **three times a year**.

- My aunt organizes a family get-together **every four months**.
- My aunt organizes a family get-together **every month**.
- My aunt organizes a family get-together **every three months**.

6. My aunt organizes a family get-together **every other month**.

- My aunt organizes a family get-together **every four months**.
- My aunt organizes a family get-together **six times a year**.
- My aunt organizes a family get-together **twice a year**.

7. My aunt **doesn't often** organize family get-togethers.

- My aunt organizes **a lot of** family get-togethers.
- My aunt organizes family get-togethers **from time to time**.
- My aunt **rarely** organizes family get-togethers.

8. My aunt **hardly ever** organizes family get-togethers.

- My aunt **almost never** organizes family get-togethers.
- My aunt **always** organizes family get-togethers.
- My aunt **occasionally** organizes family get-togethers.

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**Exercise 4: Read the information below. Then complete the sentences in the present simple passive.**

To make a present simple passive sentence, you take the object of the verb in the *active* sentence (e.g. *the tea*) + *am/is/are* + past participle (e.g. *grown*).

**Example:**

*Workers grow the tea for three years.*
This sentence is *active*.

*The tea is grown for three years.*
This sentence is *passive*.

1. Workers pick the tea by hand.
The tea _____ by hand.

2. Workers keep the good oranges.
The good oranges _____.

3. Workers ship the coffee in fridges.
The coffee _____ in fridges.

4. Workers pack the apples into lorries.
The apples _____ into lorries.

5. The lorries deliver the rice to the supermarket.
The rice _____ to the supermarket.

6. Customers buy the chocolate in the supermarket.
The chocolate _____ n the supermarket.

**C. READING**

***How our sweet tooth is hurting us***

*Over the last three centuries, the amount of sugar in the Western diet has continued to rise. Back at the start of the 18th century, a typical English family consumed less than 2 kg of sugar per year. By the end of that century, that amount had risen 400%. Compare that to the 40 kg that people now consume annually in the USA. In Germany, the second-most sugar-loving nation in the world, people eat roughly 103 grams on average per day. In the Netherlands, the country with the third-biggest sweet tooth, people eat 102.5 grams. Of course, there are some countries in the world where sweet food is less popular: in India, people eat only about 5 grams per day on average; in Indonesia, it's 14.5 grams; and in China, it's just under 16 grams. If you're not sure what 40 kg looks like, it means that the average person in the USA now eats approximately 22 teaspoons of sugar a day. The recommended limit, suggested by*

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*researchers from the World Health Organization, is no more than 8 if you want to stay healthy, but just one can of soda contains around 10.*

*It is common knowledge that many drinks, in bottles or canned, contain a lot of sugar. Although advertisements say that they are 'energy-giving', professional athletes and sportsmen and women usually stay away from them. It is teenagers that are their greatest consumers. And – although advertisers promise that these drinks will make people feel energetic and active – because of the type of chemicals they have, once a person has drunk all the soda, they simply feel hungry instead. However, sugar is also in products that many shoppers find surprising, for example, cereal, which actually has a lot. Because they believe it is a healthy kind of food, parents buy it for their children's breakfast.*

*A large part of the problem, according to nutritionists, is that people find it hard to understand the labels on the back of food products. Nutritionists think this should be a lot easier for them. But at the moment, manufacturers don't have to write 'sugar' on them, but can use words like 'corn syrup' or 'dextran', which can result in confusion for consumers. But why should we be worried about our sugar consumption? Firstly, it is harmful to young children because it causes tooth decay; the pain from this can mean that children don't get the amount of sleep they need. As a result, they can't concentrate when they are in class. In this case, schools and governments have a duty to educate them about good and bad food choices. For adults, the problems increase. Eating too much sugar makes people quickly gain weight, it affects the heart and liver, and can lead to diabetes.*

**Exercise 1: Quickly read the passage. Which of the ideas in sentences 1–5 are mentioned in the text on page 1? Choose Yes or No.**

1. The increase in the amount of sugar we eat.
   - o Yes
   - o No
2. The places in the supermarket where you can find sugary products.
   - o Yes
   - o No
3. The way that advertising sugary products has changed.
   - o Yes
   - o No
4. The health problems that sugar causes in children.
   - o Yes
   - o No
5. The health problems that sugar causes in adults.
   - o Yes
   - o No

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**Exercise 2: Match the people with the definitions**

| *advertiser* | *consumer* | *manufacturer* | *nutritionist* | *researcher* |
|---|---|---|---|---|

| | |
|---|---|
| 1. a person or company that makes a product: | |
| 2. a person who buys or uses a product: | |
| 3. a person who studies a subject carefully: | |
| 4. a person who gives advice about healthy eating: | |
| 5. a person who makes commercials to sell a product: | |

**Exercise 3: Who do you think might say the following things? Match the people with the statements.**

| *advertiser* | *consumer* | *manufacturer* | *nutritionist* | *researcher* |
|---|---|---|---|---|

| | |
|---|---|
| 1. 'My report studies the effects of sugar on the health of people aged 15–24 in the USA.' | |
| 2. 'Feeling tired? New *Choco-nut* breakfast cereal will give you all the energy you need!' | |
| 3. 'There are ten sugar cubes in every can of soda so you shouldn't drink soda every day.' | |
| 4. 'Our factory sells 50% more sugar today than 50 years ago.' | |
| 5. 'I know sugar is bad for me, but I usually eat two bars of chocolate every day.' | |

**Exercise 3: Synonyms and paraphrasing. Read the information. Then match the words in bold with the phrases that have a similar meaning. Use the phrases in the box.**

| *recommend that you* | *stay away from* | *not clear* | *consume* |
|---|---|---|---|
| *harmful to* | *was unexpected* | | |

| | |
|---|---|
| 1. Sugar can be **very bad for** children. | |
| 2. My doctor said I was eating the wrong foods, which **surprised me**. | |
| 3. We should **buy and eat healthier food that doesn't have a lot of sugar.** | |
| 4. I try to **avoid** chocolate when I'm hungry because it's not very healthy. | |
| 5. I **think you should** go on a diet. | |
| 6. A lot of information about good sugar and bad sugar is **hard to understand.** | |

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