

Empower B1 U7B

1 VOCABULARY Health collocations

a Match 1–8 with a–h to make sentences.

- 1 She gave up
- 2 I've lost a lot of
- 3 I'm sure he's put on
- 4 My plan is to get
- 5 A lot of teenagers today are
- 6 She keeps in
- 7 It's important to have a healthy
- 8 I was a regular

- a shape by exercising regularly and eating carefully.
- b fit by going to the gym twice a week from January.
- c smoking three years ago and now feels much healthier.
- d overweight because they don't get enough exercise.
- e smoker for 10 years but now I've stopped.
- f weight since I started eating a healthy diet.
- g weight because he doesn't look as slim as he did last year.
- h diet with plenty of vegetables and fruit.

2 GRAMMAR used to

b Complete the sentences with the correct forms of *used to* and the verbs in brackets.

- 1 We used to have (have) a dog, but it died five years ago.
- 2 Molly _____ (buy) bread from the supermarket, but now she has to get it there because the baker's closed last month.
- 3 What _____ you _____ (eat) for lunch when you were at school?
- 4 She _____ (speak) German quite well, but she hasn't been there for 10 years and so she's forgotten most of it.
- 5 I _____ (go) to work by bus every day, but now I usually cycle or walk.
- 6 _____ you _____ (play) with dolls when you were little?
- 7 My grandfather _____ (have) a mobile phone until we bought him one for his birthday.
- 8 We _____ (watch) black-and-white films at the cinema when I was young. We thought they were brilliant!