



How old is your body?

Old age is always 15 years older than I am.
Bernard Baruch, American political adviser

1 VOCABULARY

Complete the sentences with these words.

verdict calendar close social free
skin diet ~~producer~~ water stressed

- 1 Tariq is a music producer.
- 2 We use a _____ to find out what day and date it is.
- 3 I'm not relaxed. I'm very _____.
- 4 I only have two or three _____ friends.
- 5 What is the doctor's _____ on Tariq?
- 6 Tariq doesn't have much _____ time.
- 7 My _____ is fairly healthy. I eat a lot of fruit.
- 8 My _____ life is great! I go out a lot.
- 9 You should always drink lots of _____.
- 10 My _____ doesn't usually get sunburned.

2 GRAMMAR quantifiers, *too, not enough*

a Match the sentences.

- | | |
|--|---------------------------------------|
| 1 I can't drive a car yet. | ☒ d |
| 2 I can't sleep. | ☐ |
| 3 I'm very full. | ☐ |
| 4 Can we spend the night here? | ☐ |
| 5 I can't find my homework. | ☐ |
| 6 My bag is really heavy. | ☐ |
| 7 I'll never learn to drive now. | ☐ |
| 8 I'll never finish this test on time. | ☐ |

a There are too many questions.

b I ate too much.

c There's too much paper on my desk.

d I'm too young.

e I'm too old!

f I'm too tired to drive home.

g There's too much noise.

h I have too many books in it.

b Circle the correct word or phrase for each sentence.

- 1 I can't pay. I don't have enough money / money
enough.
- 2 This apartment is tiny! Do you think it's enough big /
big enough for both of us?
- 3 We couldn't go sailing yesterday. There wasn't
enough wind / wind enough.
- 4 This coffee isn't enough hot / hot enough.
- 5 I know a few / a little words in Arabic.
- 6 I speak a few / a little Chinese.
- 7 May I ask you a few / a little questions?
- 8 Could I have a few / a little more coffee, please?
- 9 If you can wait, we'll be there in a few / a little
minutes.
- 10 Can I have a few / a little time to think, please?

4 READING

a Read the newspaper article and mark the sentences
T (true) or F (false).

- 1 American children are fatter than they used to be. T
- 2 Children don't see a lot of food advertisements. —
- 3 Children get less exercise than in the past. —
- 4 Children are overweight because they eat too
much food. —
- 5 Children are overweight because they aren't
getting enough exercise. —
- 6 It's important for young children to have a
healthy diet. —
- 7 Parents should eat meals with their children. —
- 8 Playing on computers isn't very good for children. —

- b Look at the highlighted words. What do you think they mean? Check your dictionary.



Children's health

It's official – American children are getting fatter. According to a **survey** published in the Journal of the American Medical Association, in 2003–2004 more than 17 percent of American children aged 2–19 were **overweight**. And since then, the problem has gotten worse. More recent health surveys have found that at least 20 percent of all American children are now overweight.

WHY?

Children watch too much television, and they see twelve food advertisements for every hour of TV they watch. They get less exercise, play sports less,

and spend more time watching videos or playing computer games than they did in the past. The problem isn't that children eat too much food, or the wrong kind of food –

though of course it's better to eat healthy foods than too much fat. The real problem is that too many children don't get any physical exercise.

WHAT CAN WE DO?

So how can we help our children develop a healthy **attitude** to food and exercise? Well, parents should try to help children eat healthy food when they're still young – we need to give children good habits at an early age. This means, for example, giving children fruit, not candy, and eating meals

together as a family if possible. Cooking with children is also a good idea, to teach them the importance of good food. A lot of children don't like vegetables, but even a few vegetables every day can help improve their diet.

And instead of driving our children everywhere, we should **encourage** them to walk or bike. We should make exercise interesting and exciting for them. Playing soccer in the park is much better for children than playing on the computer.