Complete the text with the correct words A–C.

Mike hadn't seen Liz for ages, so, when they met, he was curious to know where she had been for so long. Liz explained that she had just come back from hospital. She said she had always wanted 1___ some weight but she never 2___ in the gym or followed a 3___ diet. On New Year's Eve she decided to change all that. She 4___ on the Internet and found that eating food which is 5___ sugar and fat is very wrong. She also read that eating no 6___ leads to better results. And so she started. She did lose weight, but she started feeling unwell. In the end, she agreed to have a medical 7___. She ended up in hospital and learned about a healthy lifestyle, but it will take some time 8___ from her 'diets'.

1	A lost	B lose	C to lose
2	A worked	B worked out	C has worked
3	A reduce	B losing	C healthy
4	A browse	B went	C searched
5	A a lot of	B full with	C rich in
6	A cucumbers	B cereals	C carbohydrates
7	A prescription	B testing	C examination
8	A to recover	B recover	C recovering

Listen to an interview and decide if the statements 1–4 are true (T) or false (F).

1 Mark suffered from the cold when he went to Finland. ___

2 The Finns enjoy the beauty of nature in their free time. ___

3 In Finland, everybody speaks English. ___

4 Mark didn't like some Finnish food. ___

Read the three short tests and for questions 1–6 circle the correct answer A–C.

In recent years, scientists developed a new type of food: genetically-modified (GM) food. Farmers have always tried to use their best seeds to grow food crops. Scientists say they are doing the same but in the laboratory. They add or change genes in plants to make them stronger and more resistant to insects and diseases. Because of this, GM food can grow in difficult conditions, such as high temperatures. They say that GM seeds are environmentally friendly because farmers don't need to use chemicals to kill insects.

1. GM food is produced …

A by scientists in laboratories.

B from seeds with changed genes.

C by farmers with their best seeds.

2. According to the text …

A GM food can't grow without the right temperatures.

B farmers need to kill insects when they grow GM crops.

C traditional farming is less environmentally-friendly than growing GM crops

LIVEWORKSHEETS

Dear Editor,

I've read your article on healthy food that you published in the December issue of your magazine and would like to take part in the discussion. The writer said that buying green products costs a fortune. It doesn't have to be the case. My friends and I buy green products from local farmers in big quantities, then we share it among ourselves. It's not only cheap but also healthy as the farmers we choose only grow organic food. It takes some time to go there and collect the food but I know what I'm eating and it doesn't cost a fortune at all, not to mention supporting local farmers.

Emily 20, Warwick

3. People often think buying green products …

A is not cheap.

B is cheap and healthy.

C supports local farmers.

4. Emily wrote this letter to …

A explain why to buy green products.

B to criticise people who don't buy green products.

C express her opinion about the cost of green products.

Imagine going out for dinner with some friends and not getting a bill at the end of the meal. In one restaurant in North London, 'Just Around the Corner', that is exactly what happens. Instead, the restaurant asks customers to decide how much they would like to pay. It sounds like a disaster, but the restaurant is very successful. Most people want to pay a fair price when they have a good meal cooked for them. 'Just Around the Corner' is so popular that three other restaurants in North London are thinking of copying the idea. 'Mju', which serves European dishes, decided to try the idea for one month but they only let customers pay for food in this way – drinks had fixed prices.

5. 'Just Around the Corner' restaurant …

A has become very popular.

B is not making good money.

C cannot compete with restaurants in the neighbourhood.

6. What is the best title of this text?

A Eat more, pay less

B Unusual payment practices

C Problems with the payment

Read the text and decide if the statements 1–4 are true (T) or false (T).

The Earth is a very big planet, but humans only live on a very small part of it because of one thing: air. We can't breathe when we climb higher than 8,000m or dive underwater or go underground. We can only live in places that have the right kind of air for us to breathe. Air contains nitrogen and oxygen. It is dangerous to breathe only nitrogen. You breathe oxygen in and use it to get energy from the food you eat. Then you breathe carbon dioxide out. If you do not breathe, the level of carbon dioxide in your blood will increase. This can damage your brain. When people travel to very high or deep places, underwater or in Space, they need to wear special breathing equipment. Divers carry the air on their backs. They sometimes experience problems because they don't get enough oxygen and nitrogen in their blood can make them lose control.

1 People only live in some parts of the world to avoid breathing problems. ___

2 We breathe a mixture of nitrogen, oxygen and carbon dioxide. ___

3 Carbon dioxide is contained in the air you breathe in and out. ___

4 Divers sometimes get in trouble because of lack of nitrogen in their blood. ___

LIVEWORKSHEETS