



Health and sport

1

Complete the sentences with nouns formed from a word in the first box and a suffix from the second box. Use each word only once.

improve	unwilling	exist	signify	exaggerate	necessary
-ance	-ence	-ity	-ment	-ion	-ness

1. Despite the campaigns by famous chefs to improve the nutritional quality of school meals, many adolescents continue to show an to adopt a healthy diet.
2. The huge of the increase in child health problems should not be underestimated.
3. It would be no to say that until governments took steps, soft-drink producers had done nothing to reduce the sugar content in soft drinks.
4. Health campaigners are convinced that the reduction in the sugar content of beverages will bring about a considerable in the current and future health of youngsters.
5. In order to tackle a problem, you first have to acknowledge its
6. The of including fresh fruit and vegetables in our everyday diet cannot be ignored.

Exam tips

- Look at the words before and after each gap and decide what kind of word you need to write – for example, a noun, a verb or an adjective. If you need a noun, check whether it should be singular or plural.
- As well as adding prefixes or suffixes, check if you need to make any internal spelling changes.
- You may only need to make one change to the word given in capital letters, but most often you will have to make two or more changes.

2

Exam task

For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).



Example: (0) PARTICULARLY

Addressing health concerns

Healthy eating and keeping physically active are (0) important **PARTICULAR**
 for children and adolescents. Their nutrition and lifestyle have a direct impact
 on their (1) and development. Moreover, worldwide trends **GROW**
 in obesity in children and teenagers are becoming (2) **INCREASE**
 worrying. Being overweight or obese has been linked to a greater
 (3) of various health complaints later in life. **OCCUR**

One way to improve the dietary habits of schoolchildren is to make
 (4) to the food served for lunch. Several leading UK chefs **ADJUST**
 have launched campaigns to improve the nutritional quality of the food on school
 menus. Despite (5) publicity, the improvements to school **CONSIDER**
 dinners have not really (6) Attention has now turned to **MATERIAL**
 reducing excess sugar in foods and beverages.

Some local authorities are introducing a tax on drinks with more than a permitted
 amount of sugar. (7) have already begun decreasing the **MANUFACTURE**
 quantity of sugar in their drinks. Health campaigners are delighted with this
 reduction and also with the news that (8) raised from the tax **COME**
 will go towards school sports.