



1. Fill in: freeze embarrassment jealous crowds cut down on rich
starving thirsty put on home-made.

1. Did you bring any water? I'm so _____!
2. You should _____ fatty foods if you want to lose weight.
3. A lot of fruit and vegetables are _____ in vitamin C.
4. Ann doesn't go to busy markets because she can't stand being in _____.
5. John went bright red with _____ when he tripped over on the stage.
6. I'm always _____ after football practice so I often buy a snack on my way home.
7. Sam has _____ a lot of weight since he started his new office job.
8. Matt is really _____ of his friend Harry's new mobile phone.
9. I _____ every time I see a spider - I'm so afraid of them!
10. That cafe serves delicious _____ soup and bread rolls at lunchtime.

2. Put the verbs in brackets into the correct tense.

1. If you stop eating so much junk food, you _____ (**lose**) weight.
2. I wish I _____ (**not be**) so afraid of the dark.
3. If you _____ (**play**) a team sport, you would be a lot fitter and healthier.
4. Unless it stops snowing, I _____ (**not go out**) today.
5. If I _____ (**go**) to bed earlier last night, I wouldn't have felt so tired this morning.
6. If you _____ (**mix**) blue and yellow, you get green.
7. If we all _____ (**use**) public transport more instead of cars, pollution will be reduced.
8. If only I _____ (**not get**) angry at Tim today.
9. If I weren't on a diet, I _____ (**order**) a dessert.
10. If Katy had worn a helmet, she _____ (**not hurt**) her head when she fell off her bike.

3. Choose the correct modals.

1. You _____ run if a grizzly bear approaches you.
2. Taking up a new sport _____ be a good way for you to lose weight.
3. I _____ go to school tomorrow; it's Saturday.
4. You _____ drive while tired.
5. You _____ see a doctor immediately if a raccoon scratches you.

4. Fill in the gaps with the correct phrasal verb.

1. "Please keep _____ the grass!" the gardener said to the children in the park.
2. The baby kept _____ crying, even after he had been fed.
3. Sometimes, Josh finds it difficult to keep _____ the other students in his class.
4. Mum is always telling us to keep the cat _____ the kitchen.
5. Keep _____ from the fire! the police shouted at the crowd.

7 Progress Check