

# UNIT 2

# HEALTH

## B. VOCABULARY AND GRAMMAR

### V. Underline the correct words.

1. Your eyes look very tired. Let your eyes rest *more / less* and watch *more / less* TV.
2. If you want to stay in shape, eat *more / less* healthy food like fruits, vegetables or fish.
3. Drink *more / less* water when you have a high fever.
4. If you want to lose weight, eat *more / less* junk food.
5. Sunbathe *more / less* to avoid getting sunburnt.
6. The popular thing to lose weight is “eat *more / less* and exercise *more / less*”.
7. Stay outdoors and do *more / less* physical activities. You will be more healthy.
8. Spend *more / less* time in front of screens, such as the phone, TV or computer. It’s not good for your eyes.

### VI. Complete the imperatives with *more* or *less*, using the verbs in the box.

play      drink      eat      read      sleep      spend      watch      do

1. \_\_\_\_\_ video games or your eyes will be hurt.
2. \_\_\_\_\_ fruit, vegetables or nuts because they are healthy.
3. \_\_\_\_\_ if you want to be more active.
4. If you want to improve your knowledge, \_\_\_\_\_ books.
5. \_\_\_\_\_ TV because too much TV is really bad for your eyes.
6. If you’re outside on a hot day, \_\_\_\_\_ water.
7. \_\_\_\_\_ exercise, and you will feel fitter and healthier.
8. \_\_\_\_\_ time on social media, so you can focus on your tasks.

### VII. Fill in the text with the words in the box. You can use one word more than once.

much      many      more      little      less

It’s important for people to eat as (1) \_\_\_\_\_ as they need to give them energy. If they eat too (2) \_\_\_\_\_ food or the wrong food they won’t have enough energy. If they eat too (3) \_\_\_\_\_, they will need to make (4) \_\_\_\_\_ exercise; otherwise they will put on weight.

Fat is very high in calories, and has been linked with heart disease. (5) \_\_\_\_\_ experts believe that eating (6) \_\_\_\_\_ fat would help to reduce heart disease. Sugar isn’t good for the energy balance. There’s no doubt that too (7) \_\_\_\_\_ sugar makes you fat and it is not good for your teeth either.

On the other hand, fibre that is found in cereals, fruits and vegetables is an important part of a healthy balanced diet. One of the simplest ways of eating (8) \_\_\_\_\_ fibre is to eat (9) \_\_\_\_\_ bread. It’s a good, cheap source of fibre and nutrients without too (10) \_\_\_\_\_ calories. Potatoes are good, too.

So to keep healthy, eat (11) \_\_\_\_\_ fatty food, sweets, chocolate, cakes, jam and eat (12) \_\_\_\_\_ bread, potatoes, pasta, fresh fruit and vegetables.

**XI. Fill in each blank with a suitable preposition.**

1. Would you like to go out? - No, thanks. I'd rather stay \_\_\_\_\_ home.
2. If you're going to watch the football, you can count me \_\_\_\_\_. I don't like football.
3. I've put \_\_\_\_\_ 2kg in the last month.
4. The Japanese eat healthily, so they live \_\_\_\_\_ a long time.
5. Sitting too close \_\_\_\_\_ the TV hurts your eyes.
6. Be careful \_\_\_\_\_ what you eat and drink.
7. She runs six miles every day to help keep herself \_\_\_\_\_ shape.
8. Watching TV too much isn't good \_\_\_\_\_ your eyes.