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. Ifthey 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.

LIVEWORKSHEETS

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.

LIVEWORKSHEETS