

Grammar

A Circle the correct words.

- 1 If she sat / sits on the beach, she gets sunburnt.
- 2 Tom will play / plays hockey if he finds his hockey stick.
- 3 If Roger can / could swim, he would go in the sea.
- 4 We would / will go running if we weren't tired.
- 5 Harry shouts a lot if he watched / watches a football game.
- 6 If Alicia goes to the game, I will go / would have gone too.

B Rewrite as conditional sentences.

- 1 You need a tennis racket. I don't have one to give you.
If _____ it to you.
- 2 I may have time. I can go to the match.
If _____ to the match.
- 3 Sue can't travel on boats. She gets sick.
If _____ sick.
- 4 I want to be the champion. I must beat this player.
I _____ this player.
- 5 Liz wants to take up chess. She hasn't got the time.
Liz _____ the time.
- 6 They didn't have the money. They didn't go bungee jumping.
They _____ the money.

C Complete the sentences.

- 1 I spoke rudely to the coach. I wish _____ rudely to him.
- 2 I don't know her name. If only _____ her name.
- 3 Nigel should take up a sport. I wish Nigel _____ a sport.
- 4 Carina hurt her arm. If only Carina _____ her arm.
- 5 Mary can't swim. Mary wishes _____ swim.
- 6 We don't have a park nearby. We wish _____ a park nearby.
- 7 They can't afford a boat. If only _____ a boat.
- 8 Angus didn't listen to his trainer. If only Angus _____ to his trainer.

D Complete the text with these words.

ate eat fill gain only take weren't will won't wouldn't

Calorie maths!

If you (1) _____ more than you should and don't exercise, you will (2) _____ weight. It's that simple. In fact, it's basic mathematics – if you (3) _____ in more calories than you burn, you (4) _____ store fat. The average 13-year-old girl needs approximately 2,000 calories a day to stay healthy, while for boys the figure is 2,200 calories. Now, that doesn't mean you can eat 2,000 calories of junk food. Compare, for example, a small bar of chocolate and a plate of chicken and vegetables. If you (5) _____ the chocolate, you (6) _____ get any vitamins or protein, and it wouldn't (7) _____ you up. The chocolate contains 600 calories, whereas the chicken dish has just 450. So, if you chose the chocolate you would be hungry and gain weight! If (8) _____ junk food (9) _____ bad for us, but it is! However, if you eat just a little of it and do some form of exercise regularly, you (10) _____ have any problems.

