



UNIT 5: FOOD AND HEALTH



PRACTICE

XIX. Write sentences using *should* or *shouldn't* and the words given below.

1. we / eat / a lot of / fruit and vegetables /.



2. we / put / a lot of salt / in the soup /.



3. we / talk / with / our mouths / full /.



4. we / cook / food / well /.



5. we / go swimming / right after / a meal /.



6. we / drink / a lot of water / in the summer /.



7. we / stop / eating crisps / every day /.



8. we / go to bed / early / every day /.



XX. Make questions for the underlined words.

1. We want two bottles of water.

How

2. My sister needs some oranges.

How

3. They would like three eggs.

What

4. I will need a little cooking oil to make the omelette.

What

5. He smokes five cigarettes every day.

How

6. She spent a lot of money on clothes.

How

7. George Willis ate 128 chicken wings in 28 minutes

☞ How _____

8. Gustav Sagel drank six litres of milk in 3 minutes 29 seconds

☞ How _____

XXI. Rearrange the words in the right order to make a meaningful sentence.

1. with/ Vietnam/ country/ is/ a/ a/ cuisine/ rich/.

☞ _____

2. in/ with/ normal/ your/ eat/ to/ hands/ India/ It's/.

☞ _____

3. time/ really/ their/ enjoy/ They/ eating/ together/.

☞ _____

4. vegetables/ for/ with/ We/ meat/ lunch/ and/ often/ at/ school/ have/ rice/.

☞ _____

5. day/ eat/ I/ every/ vegetables/ some/.

☞ _____

6. regularly/ We/ do/ lots/ exercises/ eat/ of/ and/ should/ fruit/.

☞ _____

7. a/ good/ To/ have/ health, / should/ balanced/ have/ a/ you/ diet/.

☞ _____

8. You/ and/ should/ a/ of/ vegetables/ eat/ fruit/ lot/.

☞ _____

9. walking/ friend/ prefers/ My/ hiking/ to/.

☞ _____

10. come/ and/ to/ clean/ school/ late/ keep/ the/ Don't/ classroom/.

☞ _____

XXII. Rewrite each of the following sentences in another way so that it means almost the same as the sentence printed before it.

1. You should sleep eight hours every night.

☞ Do _____

2. Be quiet in class and don't chat to your friends!

☞ You should _____

3. It's not a good idea to swim immediately after a meal.

☞ You shouldn't _____

4. It's a good idea to listen to the weather forecast before going camping.

☞ You should _____

5. Nam dislikes durians.

☞ Nam doesn't _____

6. Don't stay up late!

☞ You should _____

7. You should not be lazy in school.

☞ Don't _____

8. Laura loves eating a lot of fruit every day.

☞ Laura _____

9. My parents don't like swimming in the winter.

☞ My parents _____

10. It's a good for you to take exercise every day.

☞ You should _____

11. I've never seen such a boring movie.

☞ It is the most _____

12. There are a few eggs in the fridge.

☞ There are not _____

13. They have lived there for two years.

☞ They started _____

14. This is the first time I have drunk cocktail.

☞ I have never _____

15. I started cooking dinner 15 minutes ago.

☞ I have _____

16. I'm bored of playing computer games.

☞ I find _____

17. You shouldn't have dinner too late.

☞ You should _____

18. She had no eggs, so she didn't make an omelette.

☞ She didn't _____

19. Mary prefers typing essays to writing them.

☞ Mary would _____

20. He likes staying at home better than going to the supermarket.

☞ He prefers _____