Unit 30 Vocabulary

Body and lifestyle

Topic vocabulary

see page 195 for definitions

affect (v)	flu (n)	recover (v)
balance (v, n)	have an operation (v phr)	salty (adj)
benefit (v, n)	healthy (adj)	slice (v, n)
breathe (v)	ignore (v)	sour (adj)
chew (v)	infection (n)	spicy (adj)
chop (v)	ingredient (n)	stir (v)
contain (v)	injury (n)	suffer (v)
cough (v, n)	limit (v, n)	taste (v, n)
cure (v, n)	meal (n)	treatment (n)
exercise (v, n)	pill (n)	vitamin (n)

Phrasal verbs

cut down (on)	do less of sth (smoking, etc)
fall down	trip and fall
get over	recover from (an illness, etc)
go off	no longer be fresh
lie down	start lying (on a bed, etc)
put on	gain (weight)
sit down	(start to) sit
stand up	(start to) stand

Prepositional phrases

at night
at risk
in addition (to)
in comparison to/with
in shape
on a diet

Word formation

bake	baker, bakery	**medicine**	medical
bend	bent	**pain**	painful, painless
cook	cooker, cookery	**reduce**	reduction
intend	intention, intentional	**sense**	sensible, sensitive
jog	jogging, jogger	**weigh**	weight

Word patterns

adjectives	addicted to allergic to covered in/with pleased with		die from/of fight against recover from smell of
verbs	combine sth with complain (to sb) about	*nouns*	a cure for a recipe for

LIVEWORKSHEETS

Topic vocabulary

A Choose the correct answer.



1	A chopping his food	B chewing his food	6	A the meal	B the ingredients
2	A chopping meat	B chewing meat	7	A the meal	B the ingredients
3	A slicing the bread	B chopping the bread	8	A It's very sour!	B It's very spicy!
4	A stirring the soup	B tasting the soup	9	A It's very sour!	B It's very salty!
5	A stirring the soup	B tasting the soup	10	A I like it spicy!	B I like it salty!

B Complete using the verbs in the box.

affect • balance • benefit • contain • ignore • limit

1 If you ..... the doctor's advice, you won't get well.
2 Drinking a lot of coffee can ..... your mood and behaviour.
3 It's difficult to ..... a healthy diet with a busy lifestyle.
4 I'd definitely ..... from getting more exercise.
5 You should ..... the amount of chocolate you eat to one bar a day. You're eating too much at the moment!
6 Does this cookery book ..... any recipes for vegetarians?

C Complete using a word formed from the letters given.

1 Sandy hasn't been to school for a week because she's got ..... . **L U F**
2 Fruit contains lots of ..... C. **M A T N I V I**
3 If you had to go to hospital to have an ..... , would you be scared? **N O T R O P E A I**
4 Take one of these ..... after every meal for three days. **S L I P L**
5 Ben couldn't play football for two months because of an ..... . **R U N J Y I**
6 I got some dirt in the cut and now I've got an ..... . **C O N F E T I I N**
7 Becky always looks really ..... . She must get lots of exercise. **L A Y E T H H**
8 What's the best ..... for a bee sting? **T E N T R A T E M**
9 Have doctors finally found a ..... for malaria? **U R E C**

LIVEWORKSHEETS

D Each of the words in bold is in the wrong sentence. Write the correct word.

1 It can be difficult to **exercise** at the top of a very high mountain. .....
2 I know I should **recover** more often, but it's not easy to find the time. .....
3 It will take you a few weeks to completely **suffer** from your illness. .....
4 Both my grandparents **cough** from arthritis. .....
5 If you have to **breathe**, please put your hand in front of your mouth! .....

Phrasal verbs

E Write one word in each gap.

1 If you work in an office, you spend most of the day sitting ..... .
2 If you're a teacher, you spend a lot of your time standing ..... .
3 I fell ..... on the way home from school and hurt my knee.
4 My dad has put ..... two kilos since he gave up smoking.
5 Do you think I should cut ..... on how much sugar I have in tea and coffee?
6 I've got a headache so I'm going to lie ..... .
7 My mum has had flu but she's getting ..... it now.
8 This chicken smells awful. It must have gone ..... .

F Complete each second sentence so that it has a similar meaning to the first sentence. Use no more than two words.

1 I think I've gained weight in the last few months!
I think I've ..... weight in the last few months.
2 This milk isn't fresh any more.
This milk ..... off.
3 I hope James recovers from his illness soon.
I hope James ..... over his illness soon.
4 You should eat less chocolate!
You should ..... on the amount of chocolate you eat!
5 If you're tired, have a rest on the sofa for half an hour.
If you're tired, ... down on the sofa for half an hour.

Prepositional phrases

G Complete each sentence using the word given. Write between two and three words.

1 When there's a flu epidemic, old people are particularly ..... . **risk**
2 I've put on a lot of weight recently so I'm thinking of going ..... . **diet**
3 I don't sleep well ..... and I often feel tired during the day. **night**
4 ..... most of my friends, I eat very healthy food. **comparison**
5 I'm thinking of running a marathon, so I'd better get myself ..... ! **shape**
6 ..... all the fruit I eat, I also have a vitamin pill once a day. **addition**

LIVEWORKSHEETS

Word formation

H Complete by changing the form of the word in capitals when this is necessary.

1 I've never had a serious ..... problem, thank goodness! **MEDICINE**
2 Toby is thinking of taking up ..... . **JOG**
3 My mum works in a ..... so she brings home loads of lovely cakes. **BAKE**
4 We used to have an electric ..... but now we've got a gas one. **COOK**
5 It's not very ..... to eat such a large meal just before going to bed. **SENSE**
6 This spoon is ..... . I'll get another one. **BEND**
7 You look thinner. Have you lost ..... ? **WEIGH**
8 It's not Karen's ..... to give up eating meat completely. She just wants to eat it less often. **INTEND**
9 Over the last ten years, there's been a ..... in the number of children being born in this country. **REDUCE**
10 I fell over and my knee is still a bit ..... but it's slowly getting better. **PAIN**
11 Harry is quite ..... so be careful what you say about his new haircut. **SENSE**
12 I've just bought a new ..... book. It's got some great recipes in it. **COOK**
13 The injection is quite ..... . You won't even feel the needle going in. **PAIN**

Word patterns

I Write one word in each gap.

Mr Grapley loved chocolate. In fact, he was addicted (**1**) ..... chocolate. He ate more than thirty bars of chocolate a day. He had chocolate for breakfast, chocolate for lunch and chocolate for dinner. But he didn't just eat bars of chocolate. He also made delicious chocolate cakes. If anyone needed a recipe (**2**) ..... the best chocolate cake in the world, they went to Mr Grapley.

People loved visiting Mr Grapley. His whole house smelt (**3**) ..... chocolate and, when he had guests, Mr Grapley made the most amazing meals. He'd combine chocolate (**4**) ..... everything. One of his best creations was chicken with chocolate sauce. Everyone was so pleased (**5**) ..... this recipe that they built a statue of Mr Grapley in the town square.

One day, however, something terrible happened. Mr Grapley woke up and went to make himself a cup of hot chocolate. On his way to the kitchen, he passed a mirror. He was covered (**6**) ..... spots. He quickly went to see Dr Getwellsoon.

'Oh dear,' said Dr Getwellsoon. 'I'm afraid I've got some bad news. You've become allergic (**7**) ..... chocolate. If you continue to eat chocolate, you'll have these spots.'

'But that's not possible!' shouted Mr Grapley. 'I can't live without chocolate. There must be a cure (**8**) ..... this allergy.'

'No,' said Dr Getwellsoon. 'I'm afraid there isn't. If you want to recover (**9**) ..... this illness, you'll have to stop eating chocolate.'

'And if I don't stop?' asked Mr Grapley.

'Well, you're not going to die (**10**) ..... an allergy to chocolate, but the spots won't go away. It's a straight choice. Spots ... or no chocolate.'

Mr Grapley spent the next three days complaining (**11**) ..... everyone (**12**) ..... what Dr Getwellsoon had said. 'He's a doctor. He's supposed to cure me. That's what doctors do!' shouted Mr Grapley to anyone who was listening.

Mr Grapley was just discovering that, in the real world, things don't always happen the way we want them to. But he was determined to fight (**13**) ..... the truth for as long as he could.

LIVEWORKSHEETS