1. **Complete the text using the correct form of the verb in brackets (Gerund or Infinitive). (10p. - Cr 5.1).**

Getting active at school

It is well known that [1] _____ **(do)** exercise every day is good for your health, so some schools are now interested in [2] _____ **(find)** new ways to include exercise in the normal school day. In the United States, Active Schools encourage students [3] _____ **(become)** fitter by [4] _____ **(make)** sure that they do at least one hour of physical exercise each day before, during and after classes. A few forward-thinking schools have decided [5] _____ **(change)** their normal classroom chairs for exercise bikes [6] _____ **(allow)** their students to cycle while they are studying. Most students are delighted [7] _____ **(have)** the bikes and find it easy [8] _____ **(concentrate)** on their work and cycle at the same time. What do you think? Would you enjoy [9] _____ **(be)** more active at school?

Four years ago, my friend Bernardo had a problem because of 10_____ (eat) too many McDonald's hamburgers. He was gaining weight. He decided 11_____ (go) on a diet. He was recommended 12_____ (not eat) fast food and he denied 13_____ (buy) fruits and vegetables. He can't stand 14_____ (eat) vegetables. However, he finally bought them. After a month, he had lost a few pounds. But he wanted 15_____ (lose) more. I suggested 16_____ (join) a gym. Now he exercises every day and he looks better. He's looking forward 17_____ (lose) more weight. Although my friend Bernardo miss 18_____ (eat), he has found a new entertainment. He enjoys 19_____ (cook). Since his girlfriend told him to lose weight, he decided 20_____ (join) a gym and he is much happier now.

LIVEWORKSHEETS