

3 Complete the sentences with the words and phrases below.

tofu
weight

fit
harms

chapped lips
bins

1. Doing housework is a kind of exercise. It helps keep you _____.
2. Some of a vegetarian's main foods are _____ and vegetables.
3. Physical activities like running help you lose _____.
4. There should be more _____ in public places.
5. Reading in dim light _____ your eyes.
6. Cold weather causes _____ and skin.

4 Write a correct word or phrase that describes each group of words.

taking a bath

soft drinks

house cleaning

cycling

fast food

acne

Key words

Example: clean water, shower gel, clean towel

taking a bath

1. fried chicken and chips, chain restaurants, popular
2. bike, helmet, shoes, path
3. sweetened drinks with a lot of gas
4. black and white pimples on your body, especially on your face
5. dustpan, broom, water, floor cleaner

6 Read and decide if the underlined parts are the subject (S), verb (V), object (O), or adverb (ADV) of the sentences.

Example:

I do not eat much red meat.

S V O

1. She washes her face twice a day.

2. Asian diets contain a lot of vegetables.

3. My sister uses a lot of suncream in summer.

4. He likes cycling in the park.

5. My mother cooks food with very little cooking oil.