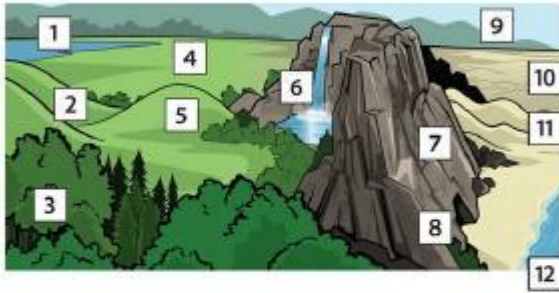


Geographical features

1 Label the picture with the words below.

■ cave ■ cliff ■ desert ■ forest ■ hill ■ lake ■ mountain
 ■ plain ■ sand dune ■ sea ■ valley ■ waterfall



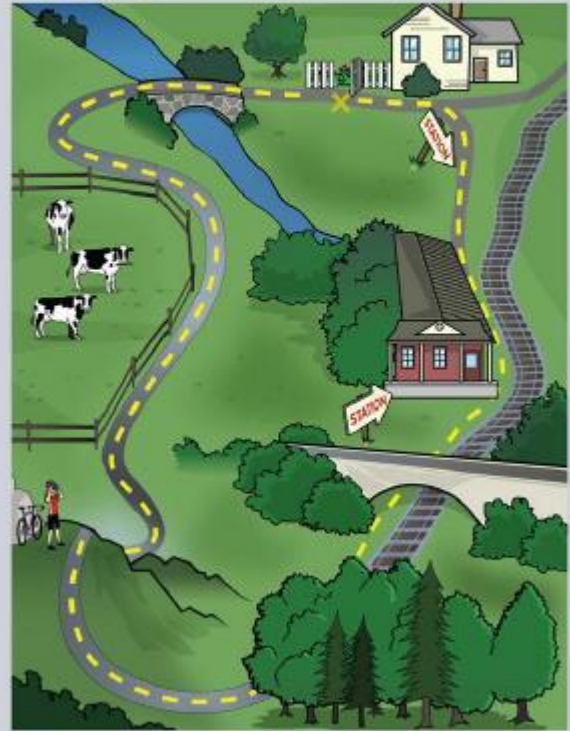
2 Match definitions 1–12 to the words in exercise 1.

- 1 an inland area of water
- 2 an area of land that is quite high
- 3 a high area of rock next to the sea
- 4 the low land between two mountains or hills which often has a river running through it
- 5 a river that falls from a high place
- 6 a large area of flat land with very few trees
- 7 a large area of land covered with trees
- 8 a hill of sand by the sea or in the desert
- 9 a large area of land with very little water and very few plants
- 10 a hole in the side of a hill or under the ground
- 11 an area of land that is very high
- 12 a very large area of water

3 Work in pairs. Think of a famous place for each of the geographical features in exercise 1. Then write a sentence explaining what it is and where it is.

The Sahara is a desert in the north of Africa.

2 Look at the map showing the route Heidi cycled yesterday to take some photos. Then complete the text with prepositions in exercise 1.



Heidi went ¹ her garden and cycled ² the station. After she passed the station, she cycled ³ the railway line and ⁴ the station. Then, she went ⁵ the bridge and ⁶ the forest. After that, she cycled ⁷ the mountain to take some photos. After she had a rest, Heidi cycled ⁸ the mountain and ⁹ a field, ¹⁰ some cows. Then she went ¹¹ the river and ¹² her garden again. When she got home, she posted her photos online for her friends to see.

Prepositions of movement

1 Match cyclists 1–12 to the prepositions below.

■ across ■ along ■ away from ■ down ■ into ■ out of ■ over ■ past ■ through ■ towards ■ under ■ up



Food and nutrition

1 Match definitions 1–10 to the words below.

■ additive ■ calorie ■ carbohydrates ■ fat ■ minerals
■ nutrient ■ protein ■ salt ■ sugar ■ vitamins

- 1 a unit of energy contained in food
- 2 any substance that the body takes out of food to use
- 3 a substance that adds colour or flavour to food
- 4 a substance that is very sweet
- 5 substances like calcium, iron and magnesium
- 6 substances found in pasta and bread that give the body energy
- 7 a substance found in meat, fish and eggs that is important for helping people to grow and be healthy
- 8 a substance found in oil and butter
- 9 substances found in fruit and vegetables that help the body fight infection
- 10 a mineral used to make food taste better

2 Look at the pictures. What is the most important nutrient in these foods? Label the pictures with four of the words in exercise 1.



1



2



3



4

3 Complete the nutritional information about eggs with the words in exercise 1.

A medium egg contains about eighty ¹calories / salt, which means that it isn't very fattening. Eggs help our bodies grow and be healthy because they contain 13 grams of ²fat / protein. This ³nutrient / additive is also found in meat and fish. Eggs have a lot of important ⁴sugar / vitamins, including B₁₂ and D, and they also contain a lot of ⁵protein / calories, like calcium, iron and magnesium. We don't get much energy from eggs because they contain very few ⁶salt / carbohydrates. Although eggs contain 9.5 grams of ⁷fat / nutrient, doctors often recommend them to people who want to lose weight. Eggs aren't sweet because they have no ⁸minerals / sugar. Although they contain ⁹vitamins / salt, people often add more to make them taste better. The best thing about eggs is that they don't usually contain ¹⁰carbohydrates / additives that modify their colour or flavour.

Food adjectives

1 Choose the correct words.

- 1 Healthy food is **good** / bad for you.
- 2 **Everyone** / No one enjoys a delicious meal.
- 3 Raw vegetables are usually **hard** / soft.
- 4 You can keep frozen meat for a **long** / short time.
- 5 Spicy food has **little** / a lot of flavour.
- 6 Organic food is very **natural** / artificial.
- 7 The **best** / worst apples are sweet.
- 8 It's **easy** / difficult to eat a tough steak.

2 Rewrite the sentences in exercise 1 with the words below so that they have the opposite meaning.

■ cooked ■ disgusting ■ fresh ■ plain ■ processed ■ sour
■ tender ■ unhealthy

- 1 _____ food is _____ for you.
- 2 _____ enjoys a _____ meal.
- 3 _____ vegetables are usually _____.
- 4 You can keep _____ meat for a _____ time.
- 5 _____ food has _____ flavour.
- 6 _____ food is very _____.
- 7 The _____ apples are _____.
- 8 It's _____ to eat a _____ steak.

3 Complete the sentences with adjectives in exercises 1 and 2.

- 1 Most salads contain **r** _____ vegetables.
- 2 Indian food is very **s** _____.
- 3 Add some sugar if the fruit isn't **s** _____ enough.
- 4 That fish is **f** _____ – it was caught this morning.
- 5 Pizzas are **u** _____ if you eat too many of them.
- 6 My steak was so **t** _____ that I couldn't eat it.
- 7 We buy **o** _____ food because it contains no additives.
- 8 Our meal was **d** _____. We won't go back to that restaurant.
- 9 If you put too much vinegar in the salad, it will taste **s** _____.
- 10 My favourite food is pasta. I think it's **d** _____.

Houses and homes

1 Label photos 1–10 with the words below.

- block of flats ■ bungalow ■ caravan ■ castle ■ cottage
■ detached house ■ mansion ■ semi-detached house
■ tent ■ terraced house



1



2



3



4



5



6



7



8



9



10

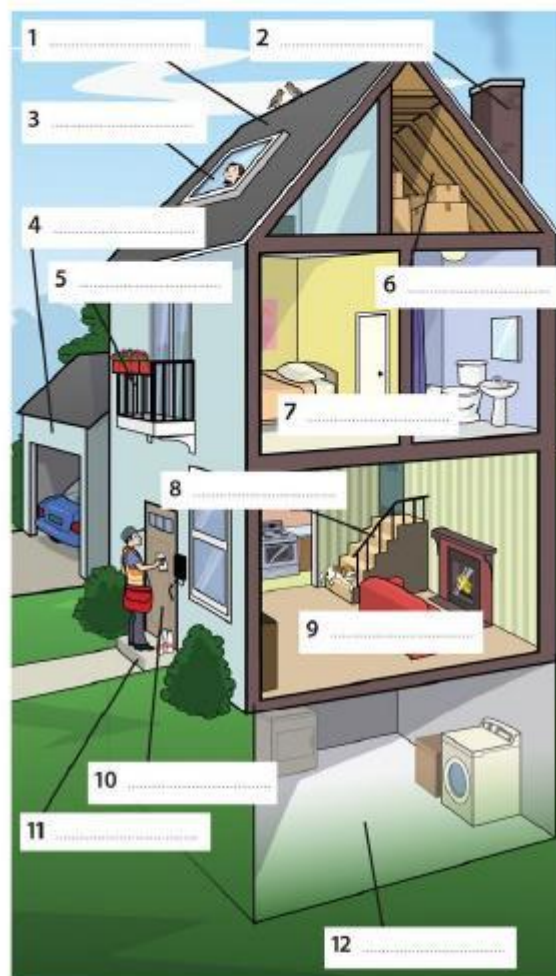
2 Complete the sentences with the words in exercise 1.

- The was built to protect the city.
- Our is in a line of similar houses that are all joined together.
- We parked our and went to explore the area.
- It didn't take long to put up our at the campsite.
- The artist lives in a beautiful old in the country.
- A lot of rich celebrities have bought luxurious in Beverly Hills.
- The manager owns a with a big garden around it in a suburb of London.
- A hasn't got stairs, so it's perfect for old people.
- I live in a which has eighteen floors.
- We live in a which shares a wall with the house next door.

Parts of a house

1 Label the picture with the words below.

- attic ■ balcony ■ cellar ■ chimney ■ downstairs
■ front door ■ garage ■ roof ■ skylight ■ stairs ■ step
■ upstairs



2 Answer the questions with words in exercise 1.

Where:

- | | |
|--|--------------------------|
| 1 is the car? | In the |
| 2 are the flowers? | On the |
| 3 are the milk bottles? | On the |
| 4 is the smoke? | Coming out of the |
| 5 is the postman? | At the |
| 6 are the kitchen and the living room? | |
| 7 are the boxes? | In the |
| 8 are the birds? | On the |
| 9 is the girl? | Looking out of the |
| 10 is the dog? | On the |
| 11 is the washing machine? | In the |
| 12 are the bathroom and the bedroom? | |