

## Revision Unit 1

### 1 Choose the correct options.

- 1 Patients with high blood sugar have to **cut down** on / **come down** with sweets.
- 2 I need to go to the chemist's to buy some **medicine** / **treatment**.
- 3 Don't **stay up** / **in** too long – you've got school tomorrow morning.
- 4 One bowl of **cereal** / **crisps** for breakfast is not enough for me, I'm afraid.
- 5 Luckily, it's only a mild infection and I don't have a **fever** / **pain**.
- 6 To avoid **dehydration** / **a rash**, drink a glass of water when you wake up and before you go to bed.

### 2 Complete the sentences.

- 1 I'd like to have some salted peanut tart with **sour** cream on top for dessert.
- 2 First, freeze the lemon – it will be easier to **shake** the juice afterwards.
- 3 Flour and milk are the main **ingredients** of pancakes.
- 4 Tom isn't at school today due to serious food **poisoning**.
- 5 My favourite sandwich is with **cheddar** cheese and smoked salmon.
- 6 Go for a walk! You spend too little time **outdoors**.

### 3 Complete the sentences with one word in each gap.

- 1 How **much** salt do you think I should add?
- 2 Unfortunately, **few** classmates have accepted the invitation to my barbecue.
- 3 Is there **any** garlic in this sauce?
- 4 Put **more** honey in your tea – it's healthier.
- 5 How **many** guests are coming for dinner?
- 6 Add only a **little** chilli powder to the curry. I won't eat it if it's too spicy.

### 4 Complete the conversation with six verb forms from the box.

**chopping**, **to chop**, **cooking**, **to cook**, **doing**, **to do**, **helping**,  
**preparing**.

Pete: I promised <sup>1</sup> **to make** to make dinner for my mum tonight, but I'm not very keen on <sup>2</sup> **chopping**.

Mike: I'll help you. It's easier <sup>3</sup> **to do** something together. Let's make some pasta with tuna. It's easy and fast – <sup>4</sup> **cooking** everything will take no more than thirty minutes.

Pete: OK, what do I do?

Mike: Start with <sup>5</sup> **preparing** the onions.

Pete: Sure thing! Thanks for <sup>6</sup> **helping** me.

### 5 Choose the correct translation.

1 What can I do to **\_\_\_\_\_** (*uniknąć z zachorowania*) ill in winter?

A avoid getting  
 B try to get  
 C prevent from getting

2 Leave **\_\_\_\_\_** (*trochę chleba*) – we can make French toast tomorrow.

A little bread  
 B a little bread  
 C any bread

3 Do we have **\_\_\_\_\_** (*wystarczająco dużo*) jars to put the jam in?

A too many  
 B enough  
 C too much

4 Many students admit **\_\_\_\_\_** (*że jedzą*) unhealthy snacks.

A to eat  
 B eat  
 C eating

5 Tina's mum **\_\_\_\_\_** (*kazę jej*) eat three portions of veggies a day.

A allows her to  
 B makes her  
 C makes her to

### 6 Choose the correct options to complete the recipe for a healthy breakfast.

#### My super healthy fruit breakfast

First, get all the **food** / **ingredients**. You need different kinds of fruit (about 150 grams), 100 grams of oats, two **tablespoons** / **pinches** of natural yoghurt and some honey. First, **cook** / **measure** the oats carefully, so you don't use too much. Next, **add** / **chop** the fruit into small pieces. (I like to use apple, orange, banana and grapes.) **Mix** / **Put** the chopped fruit into a cereal bowl. Then **mix** / **add** it with the oats. **Mix** / **Add** the yoghurt on top of the fruit, and **first** / **finally**, for a lovely sweet taste, **mix** / **pour** the honey on top – about a **handful** / **teaspoon** is plenty. Cover and leave in the fridge overnight. And there it is – a delicious and healthy breakfast!

### 7 Complete Ana's healthy week diary with the phrases from the box.

**drink enough water**, **eat sugary snacks**, **eat too fast**, **fight off infections**,  
**get active**, **get enough sleep**, **improving your mood**, **make an appointment**,  
**skip breakfast**, **taking an aspirin**.

#### Day 1

I'm trying to <sup>1</sup> **cut down on sugar**. If I'm hungry, I don't <sup>2</sup> **eat** sweets. I usually <sup>3</sup> **skip breakfast**, but this morning I had a good meal, so I hope I won't snack until at least 11 o'clock.

#### Day 3

Today I want to make sure I <sup>4</sup> **drink enough water**. My goal for the day is two litres! I'm also trying to take more time with my meals because I know I often <sup>5</sup> **eat too fast** and it isn't good!

#### Day 5

Not a good day today because I was tired, so I ate some chocolate for energy! (I'm going to bed early tonight to make sure I <sup>6</sup> **get enough sleep**.)

#### Day 7

Yay! First week done! The goal for next week is to start moving a lot more and <sup>7</sup> **get active**! I'm going to walk to school every day. I know that doing exercise is a good way of <sup>8</sup> **improving your mood** – I feel more cheerful already.

#### Day 8

I think I'm ill. (I thought that a healthy diet could help me <sup>9</sup> **fight off infections**), but I was wrong! I've got a headache and a sore throat. I tried <sup>10</sup> **taking an aspirin** in the morning, but it didn't help. I need to <sup>11</sup> **make an appointment** with a doctor ASAP ...