

Revision Unit 1

1 Choose the correct options.

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

2 Complete the sentences.

- I'd like to have some salted peanut tart with s **our** cream on top for dessert.
- First, freeze the lemon – it will be easier to s **queeze** the juice afterwards.
- Flour and milk are the main i **ngredients** of pancakes.
- Tom isn't at school today due to serious food p **oisoning**.
- My favourite sandwich is with c **heese** and smoked salmon.
- Go for a walk! You spend too little time o **utdoors**.

3 Complete the sentences with one word in each gap.

- How **much** salt do you think I should add?
- Unfortunately, **my** classmates have accepted the invitation to my barbecue.
- Is there **any** garlic in this sauce?
- Put **some** honey in your tea – it's healthier.
- How **many** guests are coming for dinner?
- 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 ¹ **to make** to make dinner for my mum tonight, but I'm not very keen on ² **cooking**.

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

Pete: OK, what do I do?

Mike: Start with ⁵ **preparing** the onions.

Pete: Sure thing! Thanks for ⁶ **helping** me.

5 Choose the correct translation.

1 What can I do to _____ (*uniknąć 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 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 _____ (*każę 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 ¹ **food / ingredients**. You need *different* kinds of fruit (about 150 grams), 100 grams of oats, two ² **tablespoons / pinches** of natural yoghurt and some honey. First, ³ **cook / measure** the oats carefully, so you don't use too much. Next, ⁴ **add / chop** the fruit into small pieces. (I like to use apple, orange, banana and grapes.) ⁵ **Mix / Put** the chopped fruit into a cereal bowl. Then ⁶ **mix / add** it with the oats. ⁷ **Mix / Add** the yoghurt on top of the fruit, and ⁸ **first / finally**, for a lovely sweet taste, ⁹ **mix / pour** the honey on top – about a ¹⁰ **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 ¹ **cut down on sugar**. If I'm hungry, I don't ² **eat too fast** or sweets. I usually ³ **eat too fast**, 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 ⁴ **eat enough**. My goal for the day is two litres! I'm also trying to take more time with my meals because I know I often ⁵ **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 ⁶ **get enough sleep**.

Day 7

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

Day 8

I think I'm ill. :(I thought that a healthy diet could help me ⁹ **improve my mood**, but I was wrong! I've got a headache and a sore throat. I tried ¹⁰ **taking an aspirin** in the morning, but it didn't help. I need to ¹¹ **make an appointment** with a doctor ASAP.