

### Unit 5: Exercise 8

Complete the sentences with phrases for giving opinions. Use the words in the box. Some words can be used more than once.

Agree	important	means	opinion	think	true	view
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1. In my \_\_\_\_\_, people should reduce the amount of sugar they eat but also enjoy sweet things sometimes.
2. On the one hand, it is \_\_\_\_\_ that people eat too much sugar now and that it has a bad effect on their health.
3. More calories \_\_\_\_\_ that people get fat and have problems with their heart or other illnesses.
4. In my \_\_\_\_\_, they should reduce the amount of cola that they drink.
5. On the other hand, it is \_\_\_\_\_ not to stop enjoying traditional food.
6. I \_\_\_\_\_ it would be sad to stop eating these cakes on special occasions.
7. I do not \_\_\_\_\_ that it is a problem to drink coffee with sugar sometimes.
8. In conclusion, I \_\_\_\_\_ that sugar is a big health problem.

### Unit 5: Exercise 9

Complete the table with the advantages and disadvantages.

often cheaper than eating in a restaurant	can be delicious	quick and easy
sometimes tastes disgusting	if you buy fast food you do not have to cook at home	
can cause heart problems	often high in fat and sugar	can make you overweight

advantages of fast food	disadvantages of fast food