

4 REVIEW

VOCABULARY



1 Look at the photos and **circle** the correct options.



2 Match the beginnings of the sentences (1-8) with the ends (a-h).

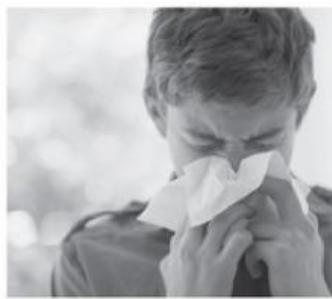
1 Nutrition is the food we eat	<input type="checkbox"/>
2 Hamburgers, ice cream and chocolate	<input type="checkbox"/>
3 The number of calories in food	<input type="checkbox"/>
4 Carbohydrates give us	<input type="checkbox"/>
5 Protein helps our bodies	<input type="checkbox"/>
6 Fruit and vegetables contain	<input type="checkbox"/>
7 A balanced diet	<input type="checkbox"/>
8 Lots of fibre is good for the stomach	<input type="checkbox"/>
a tells us how much energy it has.	<input type="checkbox"/>
b to grow and be healthy and strong.	<input type="checkbox"/>
c a lot of vitamins A and C.	<input type="checkbox"/>
d and how our body uses it.	<input type="checkbox"/>
e the energy we need to move.	<input type="checkbox"/>
f have a lot of fat in them.	<input type="checkbox"/>
g and travels through the body quickly.	<input type="checkbox"/>
h is eating a good variety of healthy food.	<input type="checkbox"/>



1 sneeze / cough



5 warm up / sweat



2 sneeze / cough



6 have a fever /
get enough sleep



3 go jogging / warm up



7 sweat / warm up



4 relax / get ill



8 get stressed /
get enough sleep

LANGUAGE IN ACTION



3 **Circle** the correct options.

- 1 Is there *little* / *enough* food for everyone or should I cook more?
- 2 We don't use *too many* / *much* milk products in our restaurant.
- 3 Owen's just gone out to buy *a few* / *a little* eggs.
- 4 We all need to relax and have *much* / *a little* fun.
- 5 My baby sister isn't *old enough* / *enough old* to make her own breakfast.
- 6 This article gives you *a little* / *few* ideas on healthy diets.



4 Complete the sentences with *should*, *shouldn't* or *ought*.

- 1 What _____ we eat to grow stronger?
- 2 The children _____ to eat fewer crisps and sweets.
- 3 A balanced diet _____ to have a little of everything.
- 4 You _____ drink coffee at night – it stops you from sleeping.
- 5 How much exercise _____ we do?
- 6 You _____ eat more than you need.

CUMULATIVE LANGUAGE



5 Complete the conversation with the missing words. **Circle** the correct options.

INTERVIEWER You've just completed a marathon, well done! I'm sure you're tired, but ¹ _____ to answer a few questions?

BERNADETTE Sure, I just need ² _____ water. OK, so yeah, it was a great run.

INTERVIEWER It was! You ³ _____ a runner, did you? Tell us how it started.

BERNADETTE I often got ill when I was younger and I wasn't ⁴ _____ to do sport.

INTERVIEWER That's hard to believe! You've ⁵ _____ a marathon in record time!

BERNADETTE As a child I spent ⁶ _____ time in bed and I really wasn't fit at all.

INTERVIEWER Not enough young people exercise as much as they ⁷ _____ to. What changed for you?

BERNADETTE One day, my mother ⁸ _____ a TV programme about foods that some people ⁹ _____ eat because it makes them ill. We later discovered that I ¹⁰ _____ eat bread or anything with gluten in it.

INTERVIEWER And what ¹¹ _____ then?

BERNADETTE I changed my diet right then and I ¹² _____ gluten since then. I felt better, started doing sport and the rest is history!

1 a can you	b will you be able	c should you
2 a too much	b a few	c a little
3 a didn't use to be	b used not to be	c didn't used to be
4 a enough strong	b too strong	c strong enough
5 a just completed	b still completed	c yet completed
6 a enough	b too little	c too much
7 a should	b ought	c shouldn't
8 a is seeing	b has seen	c saw
9 a can't	b can't to	c can
10 a shouldn't to	b shouldn't	c ought to
11 a happens	b happen	c happened
12 a didn't eat	b haven't eaten	c still didn't eat

