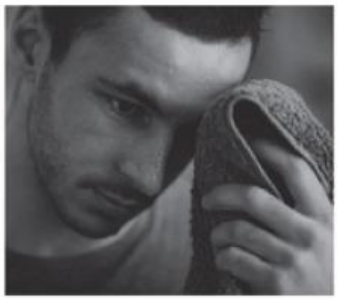
4 REVIEW

VOCABULARY

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



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*

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

1 **Nutrition** is the food we eat ☐
2 Hamburgers, ice cream and chocolate ☐
3 The number of **calories** in food ☐
4 **Carbohydrates** give us ☐
5 **Protein** helps our bodies ☐
6 Fruit and vegetables contain ☐
7 A **balanced diet** ☐
8 Lots of **fibre** is good for the stomach ☐

a tells us how much energy it has.
b to grow and be healthy and strong.
c a lot of **vitamins** A and C.
d and how our body uses it.
e the energy we need to move.
f have a lot of **fat** in them.
g and travels through the body quickly.
h is eating a good variety of healthy food.

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.

LIVEWORKSHEETS

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



LIVEWORKSHEETS