

I. 1 – Match the pictures with the following food idioms. There are two extra options:

1 - a couch potato
5 - a bad apple

2 - a piece of cake
6 - to be full of beans

3 - to go bananas
7 - as cool as a cucumber

4 - not be your cup of tea
8 - packed like sardines











2 – Complete the following sentences with the idioms above:

1 – The Maths test was a _____! I'm going to have an excellent mark.
 2 – When I arrived home, I had a surprise party! I went _____ with excitement!
 3 – When I listen to classical music, I feel _____. It's so relaxing!
 4 – Watching horror film is not _____. I prefer comedies.
 5 – Don't let that _____ ruin your day. Peter is always creating tension in our group of friends.

3 – Complete the following text about **physical and mental health with these words:**

sleep	body	mental	diet
eating	exercise	bulimia	disorders

Maintaining both physical and mental health is important for our well-being. Physical health involves doing regular _____, eating a balanced _____, and getting enough _____. _____, which all contribute to a strong body and a vibrant life. _____

health is equally important, as it influences our thoughts, feelings, and behaviour.

_____ disorders, such as anorexia or _____, call our attention to the critical connection between mental and physical health. Anorexia can lead to severe physical consequences, including malnutrition and heart problems, stemming from the psychological struggle with _____. image and food. Recognizing the signs of such _____ and seeking help early is vital.

II.1 – Choose the correct option to complete the following sentences:

ALTHOUGH	DESPITE	EVEN THOUGH	IN SPITE OF
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1 - _____ it's late, I can stay a little longer.

2 - _____ being rich, they live very simply.

3 - _____ it rained hard, Peter went out.

4 - _____ his personality, everybody likes Mark.

5 - _____ my mother loves sweets, she doesn't eat too many.

6 - _____ being ill, he went to school.

2 – Rewrite the sentences using the words given:

1 – James promised to arrive on time, but he was late.

Although _____

In spite of _____

2 – I liked the pizza, but I didn't eat it because of my diet.

Despite _____

Although _____

3 – Although he has an English name, he is in fact German.

In spite of _____

Even though _____

3 – Complete the following **1st conditional sentences** with the right form of the verbs in brackets:

REMEMBER THE RULES: **IF + Present Simple + Future**

Future + IF + Present Simple

Examples:

If Peter studies (study) harder, he will have (have) a good mark.

Mary won't go (not go) to the party if she doesn't do (not do) her homework.

1 – **If** Catherine _____ (**not catch**) the train, she _____ (**come**) by taxi.

2 – You _____ (**not catch**) a cold **if** you _____ (**put**) on your coat.

3 – **If** I _____ (**exercise**) every day, I _____ (**be**) fit.

4 – **If** he _____ (**love**) you, he _____ (**understand**) your problem.

5 – I _____ (**not do**) well at school **if** I _____ (**not concentrate**).

6 – They _____ (**get**) wet **if** it _____ (**rain**).

7 – **If** Mary _____ (**try**) hard, she _____ (**succeed**).

8 – **If** you _____ (**not tidy**) your room, I _____ (**not let**) you go out.