REPÚBLICA PORTUGUESA
EDUCAÇÃO, CIÊNCIA E INOVAÇÃO

Agrupamento de Escolas Severim de Faria · Évora

Agrupamento de Escolas Severim de Faria
Sala de Estudo "Follow Me" – 9º ANO
fevereiro de 2025

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

1 - a couch potato **2** - a piece of cake **3** - to go bananas **4** - not be your cup of tea
5 – a bad apple **6** - to be full of beans **7** - as cool as a cucumber **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.

LIVEWORKSHEETS

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

ALTHOUGH	DESPITE	EVEN THOUGH	IN SPITE OF

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.

LIVEWORKSHEETS