

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.

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 **1<sup>st</sup> 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.