8 Health

Reading

30 minutes

1 Match verbs 1–8 with phrases a–h to form collocations connected with a healthy lifestyle. There may be different solutions possible.

1 stay	a enough sleep
2 keep	b fit
3 avoid	c a sensible diet
4 go	d jogging
5 work out	e in shape
6 get	f weight
7 lose	g stress
8 follow	h in the gym

2 Match the phrases with their definitions.

1 put on weight	a start (e.g. a new hobby)
2 give up	b grow fatter
3 cut down on	c have less of
4 take up	d stop (doing)

HOW TO STUDY

Record any new vocabulary that you want to remember in your notebook. It's usually a good idea to write down the new words in a phrase or sentence, which shows you not only the meaning of the word, but also how it's used in context.

READING EXAM 20 minutes

3 Read the following leaflet giving advice on leading a healthy life. Some phrases have been left out of the text. Choose from phrases A–I below to complete the gaps. There is one phrase you're not going to need.

How to live to be 100

DO

- Reduce calories and cut down on sweets, cakes and chocolate. If you are overweight, try to lose weight. Being overweight increases your [1]_____ of developing circulation problems.
- Follow a sensible diet – eat as much low-fat food as possible: chicken, fish and yogurt are good for you. Aim to eat at least five portions of fruit and vegetables a day to ensure your [2]_____ of Vitamin C and health-giving minerals.
- Give up smoking – every cigarette shortens your life.
- Lead an active lifestyle. Keep fit and stay in shape: [3]_____ out in the gym or take up jogging? Choose an activity that you [4]_____. Exercise should be a pleasure, not a duty. Aim to exercise for about 30 minutes at least five times a week. If you work sitting down, [5]_____ up as often as you can and walking around for a while.

DON'T

- Don't go to bed late: if you don't get enough sleep, you will lack energy and you will age faster. Sleep replenishes the energies spent during the day and aids the natural healing process of the body.
- Don't get stressed: [6]_____ and avoid stress at home, school or work. Learn to relax, and when you feel that your stress level is rising, take a break.
- Don't eat between meals: it's the fastest way to put on weight. If you [7]_____ snacks, try at least to eat healthy snacks, like fruit or yogurt.
- Don't be a fitness fanatic! You need to stay in shape but remember to [8]_____.

A why not work	D chances	G maintain a balanced lifestyle
B it's worth practising	E can't give up	H enjoy doing
C keep calm	F try getting	I intake

Answers on page 181

LIVEWORKSHEETS

Writing

80 minutes

Writing an informal letter

9 Use this framework to write sentences describing eating and drinking in your country. You should also add some ideas of your own.

We have breakfast at ... and we eat our main meal of the day at ...

Restaurants usually close at ...

The main ingredients of our cooking are: ... and ...

The most popular traditional dish is ... or ...

If you want a snack, you should go to a ... and ask for ....

My favourite meal consists of ....

Is the situation changing? Well, ...

USE OF ENGLISH EXAM

15 minutes

8 Read the extract from a book on British culture, and use *one word only* to fill each gap in the text.

The conquest of food in Britain

The ethnic minorities are taking over British food. And it's a good thing, too, since no one would say the British have ever [1]____ famous for their cooking. We are actually famous for not being [2]____ to cook at all. After hundreds of years of trying to create a national cuisine [3]____ could impress the world, the British have never really got much further [4]____ breakfast. In fact, other Europeans have always said that in [5]____ to eat well in Britain one has to eat an English breakfast three times a day.

But times [6]____ changing. Nowadays, if you turn [7]____ for a meal in a British family home, you are more [8]____ to be given Indian curry or a Chinese stir-fry than roast beef with Yorkshire pudding.

10 Look at these sentences taken from informal letters. Fill in the gaps with the correct word from the list.

fashionable • atmosphere • delicious • vegetarians • sophisticated

1 Speaking for myself, my favourite is 'kefir'. It's a special kind of yogurt. I think there's no English word for it. But it's absolutely ____.
2 Our cuisine may not be the most ____ in the world, but I think it tastes the best. It has a long history, too.
3 Restaurants have a lovely ____ in the evening, with violins playing and sad songs.
4 I think the situation for ____ has improved in recent years. But we really love our meat!
5 Inevitably, fast food is becoming ____, which is causing a litter problem, if nothing else.

WRITING EXAM

60 minutes

13 Here is part of a letter you receive from an English-speaking friend:

... and that's why I'm so curious to know about your country's food. I mean, what are the national dishes? What are your own personal favourites? When do you eat your main meal of the day? Is everything very traditional, or is it, like in so many countries these days, all changing? ...

Write your reply to your friend, answering the questions. Write no more than 200 words.

Answers on page 182

LIVEWORKSHEETS