It's bad for you!

INSTRUCTIONS:

1. Answer the questions below.
2. Follow the given examples for each item.

Expressing frequency

VOCABULARY 2.1

1 **a** Read the nutritional advice in the 'Healthy eating' leaflet. Choose the correct phrases in these sentences.

1 You can eat chips *every so often /most of the time.*

2 Try to eat some fruit *once in a while/every day.*

3 It's alright to snack on biscuits *once in a while/most of the time.*

4 Only eat crisps *every now and again/more often than not.*

5 Eating red meat *most days/rarely* isn't good for you.

b Read these comments. Are the people following the advice in the leaflet? Write Y (Yes) or N (No).

1 [Y] More often than not I'll choose fish or chicken rather than a burger.

2 [ ] I have chips for dinner most days.

3 [ ] I seldom remember to eat an apple or an orange.

4 [ ] I have a biscuit with my coffee every now and again.

5 [ ] Every so often, when I'm on the computer, I'll have a packet of crisps.

6 [ ] I only eat vegetables at weekends.

7 [ ] My favourite food is cheese sandwiches on white bread – I eat them for lunch once in a while.

Healthy eating

✓ GO AHEAD! (EVERY DAY)	✗ BE CAREFUL! (ONCE A WEEK)
fruit, nuts	crisps
wholemeal bread	white bread, rice, pasta
white meat (e.g. chicken, turkey)	red meat
vegetables	fried or roast potatoes
white/oily fish	cakes, biscuits, chocolate

Present and past habits, repeated actions and states

GRAMMAR 2.1

2 Choose the correct verb form. Sometimes both are possible.

When my father [1]*reached/would reach* 40, something strange [2]*used to happen/happened* to him. Before this, he [3]*was always eating/always used to eat* what he wanted, but now [4]*he's never eating/he won't eat* any fried food and [5]*he's always worrying/he worried* about how much sugar and salt there is in everything. This is the same man who [6]*used to eat/would eat* chocolate all day long! These days [7]*he gets up/he'd get up* early to go to the gym every morning before work. Before his 40th birthday, he [8]*would even complain/was even complaining* about having to walk to the car!

3 Are the words/phrases in bold correct? Change the incorrect words/phrases and write the word 'CORRECT' to the correct phrases.

I used to live in a tiny village in southern Italy many years ago before I [1]~~**used to go**~~ to university. At that time there [2]**was** very little tourism so there [3]**didn't use to be** many restaurants and there only [4]**use to be** one small hotel. Because the village was so small everyone [5]**would know** everyone else and so people [6]**would always say** hello to you in the shops or while you were walking down the streets. We [7]**spent** a lot of time sitting in cafés and bars, chatting to everyone in our bad Italian! It [8]**would be** very cheap to eat out so we ate delicious food all the time for next to nothing. We [9]**used to make** some fantastic friends and we still go back there from time to time to visit them.

1	*went*	4		7	
2	CORRECT	5		8	
3		6		9	

LIVEWORKSHEETS

4 **Tick (√) the correct endings.**

1 My aunt is always apologising for everything she does.
   (a) I find it really annoying! (√)
   b She's very polite!

2 Fred used to like playing football
   a but he prefers watching it these days.
   b but he doesn't like watching it.

3 I went to Scotland for my holidays last year.
   a It would rain every day.
   b It rained every day.

4 I'll go out for a long walk when I'm feeling stressed.
   a It helps me clear my head.
   b It'd help me feel better.

5 My dad and I would watch *Match of the Day* together on television.
   a It used to be on at 10 p.m. on Saturdays.
   b I remember seeing it a couple of times.

5 **Rewrite the sentences using the word in brackets.**

1 I drank up to five cups of strong coffee every morning before I gave up. (would)
   I would drink up to five cups of strong coffee every morning before I gave up.

2 My doctor frequently tells me to take more exercise. (always)
   _____

3 My wife always checks the labels before she buys food. (will)
   _____

4 When I was a student, I was a vegetarian. (used to)
   _____

5 I never worried about my food until I put on weight. (used to)
   _____

6 When my children were small I never gave them fast food. (would)
   _____

LIVEWORKSHEETS