

Word/Phrase	Meaning	Example
nutrient (n) / nu:tri:ənt/ → nutritionist (n) → nutrition (n)	something that living things need to live and grow	I often eat blueberries because they contain nutrients that help improve my memory.
calorie (n) / 'kæləri/	we use this to say how much energy food provides	I switched to using zero- calorie drinks in my fitness plan to help lose weight.
fat (n) /fæt/	humans and animals have this under their skin, and it helps keep them warm	I like to eat salmon because it is low in fat and good for my heart and brain.
organ (n) /'ɔ:rgən/	a part of the body that has a special purpose, such as the heart or brain	Our body has five vital organs : the heart, brain, kidneys, liver and lungs.
bone (n) /bəʊn/	one of the hard pieces that make the structure inside a person or animal	The fingers have 28 bones in total, with 14 bones in each hand.
virus (n) /'vaɪrəs/	a very small living thing that makes people, animals, and plants sick	Getting the flu vaccine can protect us from the flu virus for about six months.
chemical (n) /'kemɪkl/	a thing people make using chemistry	I often avoid eating foods that contain harmful chemicals for my body.
detox (v) /'di:tə:ks/	try to remove bad things from your body by only eating and drinking particular things	Drinking warm water with a little lemon can help detox your body.
harmful (adj) /'hɑ:rmfl/ → harm (v, n) → harmless (adj)	causing damage or harm to someone or something	I always put on sunblock before going out to avoid harmful UV rays from the sun.
benefit (n) /benəfɪt/ → benefit (v) → beneficial (adj)	an advantage that something gives you; good effect	The benefit of eating dark chocolate is that it lowers the risk of heart disease.
natural (adj) /'nætʃrəl/ → nature (n) → naturally (adv)	existing in nature; not made or caused by humans	Herbs contain natural chemicals that enhance food flavor and have good effects on our health.

Grammar

suggest + gerund

We can use *suggest* with a gerund to offer advice.

Affirmative: suggest + gerund

The doctor **suggests reducing** sugar intake to maintain a healthy body.

Negative: suggest + not + gerund

Doctors **suggest not eating** too many eggs in a day.



/tr/	• nutrient / nuː'tri:ənt/	• train /treɪn/	• truth /tru:θ/
/tʃ/	• choose /tʃu:z/	• cello /tʃeləʊ/	• natural /nætʃrəl/
/k/	• chemical /kɪ'mɪkəl/	• crowd /kraʊd/	• contain /kən'teɪn/

PRACTICE

Pronunciation

- a. Circle the word that has the underlined part pronounced differently from the others.**
- 1 A stomach B sandwich C lunch D chips
 2 A nature B suggestion C picture D traveler
 3 A concerto B cookie C calorie D carrot
- b. Circle the word that has a stress pattern different from the others.**
- 4 A detox B remove C follow D focus
 5 A nutrient B chemical C calorie D prevention

Vocabulary

a. Complete the sentences using the words in the boxes.

- virus
fat
organ
detoxing
bones
calories

- 1 Leo is following a fitness plan to reduce body _____.
- 2 I often strengthen my _____ by taking in more calcium-rich foods.
- 3 I was thinking about _____ my body, but I am not sure how effective it is.
- 4 The liver is the largest _____ inside our body.
- 5 Did you hear about the new _____ spread on TV today? -Yes, it's quite concerning.
- 6 I eat yogurt every day because it is good for my health and low in _____.



b. Complete the sentences with the correct forms of the words in brackets.

- 7 If you want to keep good health, you should follow a proper _____ intake. (NUTRITION)
- 8 My doctor suggests eating less sugar to avoid _____ effects on my teeth. (HARM)
- 9 Regular walks in the evening are _____ to my sleep. (BENEFIT)
- 10 Doctors suggest spending more time in _____ to have good mental health. (NATURAL)

Grammar

a. There is ONE mistake in each sentence. Underline and correct it.

- 1 My doctor suggest quitting smoking as it improves overall lung health. _____
- 2 Doctors suggest to eat smaller meals to help prevent digestive problems. _____
- 3 Health experts suggest not eat too much fat to lower cholesterol levels. _____
- 4 Doctors suggest to getting enough vitamins through diet to have good health. _____
- 5 Why does the nutritionist suggest out down on sugar consumption? _____

b. Complete the sentences with correct forms of *suggest* and the verbs in the box.

- 6 Health experts _____ breakfast because it provides essential nutrients to start the day.
- 7 What does your doctor _____ to make your liver stronger?
- 8 What methods do health experts _____ to help detox your body safely?
- 9 Why does the doctor _____ your diet? – To improve my overall health.
- 10 My health consultant _____ extreme detox programs because they may be harmful to my organs.

not eat
not skip
change
follow
not take

Reading

a. Read the text about the methods for weight loss. Circle the best options.

When you lose weight, your body burns more calories than it takes in. You can do this by eating less high-calorie foods, being more active, or doing both. Exercise is important for 1) _____ weight and keeping it off. It helps your body burn more calories and build and maintain muscles. 2) _____, it can prevent some diseases. Exercise lowers cholesterol and blood pressure, which reduces the risk 3) _____ heart attacks and certain cancers.

However, just exercising won't make you lose weight if you eat too much. Experts suggest 4) _____ the 80/20 rule, which says that 80% of weight loss comes from a healthy diet, while only 20% comes from physical activity. For example, instead of jogging for 30 minutes to burn 500 calories, you could 5) _____ not to drink sugary drinks.

Overall, to lose weight, it's important to eat healthily and stay active, rather than just cutting calories or exercising too much.



- | | | | |
|---------------|-------------|-------------|---------------|
| 1 A to lose | B losing | C lost | D lose |
| 2 A Therefore | B However | C Also | D As a result |
| 3 A for | B of | C on | D to |
| 4 A follow | B to follow | C following | D followed |
| 5 A select | B choose | C opt for | D decide on |

b. Read the text about common mistakes people make when trying to lose weight. Fill in each gap with ONE WORD from the text.

Today, it is a basic need that more and more people want to lose weight to look attractive. However, if you don't notice any positive changes, something might be wrong. Here are some common mistakes people make when trying to lose weight.



Eating too Few Calories or Skipping Meals

Some believe that reducing daily calorie intake can help with weight loss. As a result, many people eat less or skip meals altogether. However, this can be harmful because it may make you feel hungrier and lead to overeating, causing weight gain.

Not Eating Enough Protein

Protein is essential for your body, especially when you are trying to lose weight. It is important to ensure you get enough protein. Make sure each meal includes high-protein foods to support weight loss. Remember, you don't need to eat meat or dairy for protein; beans and peas are also good and affordable options.

Doing the Same Exercises Over and Over

Some people believe that spending a lot of time on the treadmill or doing cardio exercises is all you need to lose weight. However, it's important to vary your exercise routine. Different types of exercise can help you lose weight more quickly and effectively.

- 6 The text discusses the _____ that people often make in losing weight.
- 7 Many people skip _____ as they believe it is helpful for their weight loss.
- 8 A daily diet that is rich in _____ helps with weight loss.
- 9 Beans or peas are also a good _____ in a weight loss diet because they are cheap.
- 10 Different _____ can contribute to faster weight loss.

Speaking

Complete the conversation using the sentences in the box.

- Jane** Hey Kate. Did you work out a lot these days? You look really fit.
Kate Yeah, I did. 1) _____
Jane Really? 2) _____ I want to lose weight, too.
Kate It's easy! 3) _____
Jane What do I need to include in my daily meals?
Kate 4) _____
Jane How about workout?
Kate 5) _____
Jane Thank you!



- A** Well, I suggest exercising for about 30 minutes every day.
B You just need to maintain a healthy diet.
C Actually, I lost some weight.
D Could you give me some tips?
E You should eat less fat and more vegetables.

Writing

a. Make complete sentences in *Present Simple* using the prompts.

- 1 Doctors / suggest / go / checkup / at least / once a year.

- 2 What / your doctor / suggest / eat / stay healthy?

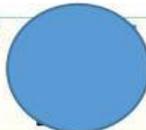
- 3 How much / water / experts / suggest / drink / help / detox / your body?

- 4 Why / doctors / suggest / wash / things / we / use / regularly?

- 5 What / health experts / suggest / not do / lose / weight / effectively?

b. Complete the sentences about healthy advice using your own ideas.

- 6 My mom suggests _____
- 7 My doctor suggests _____
- 8 My teacher suggests _____
- 9 My friend suggests _____
- 10 My dentist suggests _____



- Pronunciation ____/10 pts.
- Vocabulary ____/20 pts.
- Grammar ____/20 pts.
- Reading ____/20 pts.
- Speaking ____/10 pts.
- Writing ____/20 pts.



Total ____ / 100 pts.