Grammar

1 Choose the correct alternative.

1 I can't eat this veggie burger. You've put **too many** / **too much** salt in it.
2 I only need to get **a few** / **a little** things from the shop – I won't be long.
3 They don't want to go to an expensive restaurant because they haven't got **much** / **many** money.
4 I only have **a few** / **a little** sugar in my tea, and I'm trying to give up.
5 Simran is feeling sick because he's eaten **too many** / **too much** strawberries.
6 My sister is very healthy. She does **a lot of** / **much** exercise.

2 Complete the sentences with *have to*, *don't have to*, *need to*, *needn't*, *must* or *mustn't*, and the verbs below. Sometimes there are two correct answers.

ask be bring eat swim score

1 We _____ more points to win this game. ___
2 All players in the competition _____ under 16 years old. ___
3 You _____ your own helmet – the Cycling Club will provide you with one. ___
4 You _____ in the lake – it's dangerous. ___
5 Athletes _____ special food before they run a marathon. ___
6 You _____ your parents to take you by car because there's a bus. ___

Vocabulary

3 Match 1–6 to A–F.

1 When you go rock climbing, it's a good idea to wear ___
2 To have a healthy lifestyle, you need to develop ___
3 The new leisure centre will benefit ___
4 People who want to play tennis here need to book ___
5 If there isn't any snow, you can't ___
6 When I don't follow a recipe, I often make ___

A a court.
B the whole community.
C go skiing.
D a helmet.
E a mistake.
F good habits.

4 Complete the sentences with the correct verb from the unit.

1 Who do you usually _____ badminton with?
2 How many goals did you _____ in the last football match?
3 Do you _____ jogging in the morning or in the evening?
4 Do you _____ in advance what you're going to do at the weekend, or wait and see what happens?
5 When did you _____ up eating crisps and start your healthy lifestyle?
6 Do you always _____ a warm-up before hockey training?

Cumulative review

5 Choose the correct answer: A, B or C.

If you're hungry, but you'd prefer a light snack to a [1]_____ meal, then why not try making your own sushi? Sushi is a Japanese dish made from rice and a [2]_____ of other ingredients, especially fish. You [3]_____ to use special sushi rice to make it and you [4]_____ follow a recipe when you start. You don't need [5]_____ fish: a piece of around 150 g is enough. The easiest kind of sushi to make is *nigiri*. Take some cooked sushi rice and make it into a ball with your hands. You need to be [6]_____ because this is quite difficult; you can put a [7]_____ water on your hands to make it easier. Then cut a 5 mm piece of fish and put it on top of the rice. Then repeat until you have enough *nigiri* for everyone. A [8]_____ of *nigiri* for one person is around six pieces. Sushi is healthy because fish is good for your brain and can help you [9]_____ when you're studying. You'll also find that you'll have a lot of [10]_____ after you eat it because of the rice.

Sushi is a good choice for a [11]_____ lifestyle. Some people also like the taste and think it is [12]_____ … other people aren't so positive!

1	**A** portion	**B** heavy	**C** variety
2	**A** little	**B** variety	**C** portion
3	**A** don't have	**B** mustn't	**C** have
4	**A** must	**B** needn't	**C** mustn't
5	**A** many	**B** a little	**C** much
6	**A** fed up	**B** patient	**C** healthy
7	**A** few	**B** some	**C** little
8	**A** portion	**B** lot	**C** little
9	**A** eat	**B** drink	**C** focus
10	**A** exercise	**B** energy	**C** money
11	**A** heavy	**B** sustainable	**C** healthy
12	**A** delicious	**B** healthy	**C** heavy

6 Answer the questions.

1 Do you think you have a healthy breakfast? Why? / Why not?
2 What's the most unusual sport you know? What are the rules?

REFLECT Think about the following questions.

1 Which lesson in this unit did you enjoy the most? Why?
2 Which of the grammar points did you find most difficult?
3 How can you ask someone for advice? How can you give advice to someone else?
4 How can you give your opinion in a blog? Think of four or more examples.

LIVEWORKSHEETS