MINDSET STUDENT BOOK UNIT 8

GRAMMAR AND VOCABULARY

01 **Match the different sporting activities in the box with the pictures.**

play basketball	do yoga	do exercise
play tennis	go for a walk	go cycling

1

2

3

4

5

6

02 **Complete the sentences using the correct form of the verbs in the box.**

get(x3)	drink(x2)	do(x2)	eat	have	join	go(x2)	play(x2)

1 It can be expensive to _____ a gym, but they often have a lot of modern equipment.
2 It is very important to _____ plenty of water whenever you _____ exercise.
3 I _____ lots of fruit and vegetables and _____ yoga twice a week.
4 I like to _____ running in the park so I can _____ some fresh air when I exercise.
5 It is a good idea to _____ a personal trainer to _____ advice about living healthily.
6 I _____ tennis three times a week and _____ for walks in the park.
7 It is important to _____ lots of sleep every night.
8 When you _____ green tea, it can help you relax.
9 Many young people _____ a sport or do exercise at school.

LIVEWORKSHEETS

03 **Read the dialogues and decide if the sentences are correct ✓ or incorrect ✗. Then correct the mistakes.**

1 **A** What you should eat to be healthy?
B It is important to eat lots of fruit and vegetables.
☐ _____

2 **A** Is it important to exercise?
B Yes, you should exercise for at least 150 minutes a week.
☐ _____

3 **A** Is it a good idea to play computer games for many hours?
B No, you should play on your computer for so long.
☐ _____

4 **A** Do you have any other advice about being healthy?
B I think you should find ways to relax.
☐ _____

5 **A** What is the best way to relax?
B I like doing yoga. I think you shouldn't try it.
☐ _____

04 **Complete the conversation using *should / shouldn't / should not* and a verb in the box.**

eat	drink	play	ride	watch	get

A Did you see that programme last night about how to stay healthy? I learnt so much.
B Really? I didn't see it. Did you think it was interesting?
A Yes, it had lots of useful suggestions. Do you know we **1** _____ five glasses of water a day? I never normally have that much but I'll try from now on.
B That's a good idea. I always think I **2** _____ more sleep. Did it mention anything about sleep?
A Yes, it said we should sleep for at least eight hours. However it's not always possible.
B I only sleep for about seven hours, so I think I should go to bed earlier.
A Yes, it will give you more energy. The other thing it warned against was watching too much TV. It said we **3** _____ more than two to three hours a day.
B Did it mention what activities are good for you?
A Well, any exercise is good. You **4** _____ sport at school if you like it. If not, you **5** _____ a bicycle or walk to school instead of going by bus or car.
B What about food? Did it give any advice about healthy eating?
A Yes, and I think this was the most important piece of advice. We **6** _____ fast food more than once a week and make sure we eat at least five pieces of fruit and vegetables a day.

LIVEWORKSHEETS

05 **Read the sentences and underline the correct answer.**

1 We **have to / don't have to** wear sports clothes during sport lessons otherwise we can't take part.
2 You **have to / don't have to** pass a swimming test to be a lifeguard at the swimming pool.
3 You **have to / don't have to** be fit to do yoga because anyone can try it.
4 You **have to / don't have to** spend a lot of money to stay healthy. You can go running in the park for free.
5 We **have to / don't have to** wear special shoes when we play football. Otherwise, it is difficult to run.
6 You **have to / don't have to** join the gym to take exercise classes, but they cost less for members.
7 Professional sports players **have to / don't have to** practise for at least three hours a day.
8 You **have to / don't have to** be good at sports to stay fit, but regular physical activity is good for you.

06 **Complete the texts using *has to / have to / doesn't have to / don't have to.***

1 At school, there are some new rules. The most important one is that we _____ turn off our mobile phones before the lesson. However, unlike most schools, we _____ wear school uniform every day. We can wear our own clothes.
2 At university, students can come to classes whatever time they want. They _____ come into class every morning. It is their choice. However, the university has a special rule about students who can't attend due to illness. If they are going to be late, they _____ send an email to their teacher.

07 **Complete the dialogue using *should / shouldn't / should not.***

A I enjoy playing tennis but I want to improve. What **1** _____ I do?
B My advice is you **2** _____ practise as much as possible. How often do you play?
A Twice a week at the moment. Is that enough?
B No, I suggest you **3** _____ train more often. I don't think it's possible to improve if you don't play more.
A I know I **4** _____ have rest days when I don't practise. Do you think I need to play every day then? Is it really necessary?
B Maybe not every day, but you **5** _____ just play twice a week – that's not enough. That's my advice. Also, it's a good idea to get help from someone who can teach you. I think you **6** _____ have tennis lessons.

08 **Match the two halves of the sentences.**

1 It is a good idea to pay	A great way to keep fit.
2 Joining the gym	B a healthy diet.
3 It is more fun when you go	C for a personal trainer.
4 It is important to follow	D running with other people.
5 I think it's better to do	E can be expensive.
6 Running is a	F yoga than go to the gym.

LIVEWORKSHEETS