

ESJMF
Year 9
Revision and Consolidation Worksheet

I. Vocabulary

A. Complete the table with the Expressions related to body image and healthy items. Then look up the meaning in Portuguese.

Definition	Healthy habits and body image related expressions	Portuguese translation
1. Eating disorder that consists in believing that you should eat as little as possible.	A _____	
2. Below the usual weight; very thin	U _____	
3. To have a balanced diet and do exercise regularly to be in a good physical condition; synonym of keep in shape	K _____ F _____	
4. Someone whose example people, especially teens, try to imitate.	R _____ M _____	
5. A serious eating disorder in which you throw out / vomit because you feel guilty for having eaten more than you think you should	B _____	
6. Above the usual weight; obese	O _____	
7. The way you see your appearance	B _____ I _____	
8. The opinion you have about yourself	S _____ - E _____	
9. Diseases related to negative attitudes towards food	E _____ D _____	
10. Food that has no nutritional value	J _____ F _____	
11. Working out in an exaggerated way	O _____ E _____	
12. Perfect; without flaws	F _____	
13. Eating a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.	B _____ D _____	
14. Synonym of appearance	L _____	

B. Choose the correct option.

1. Sometimes celebrities' attitudes encourage teens to go on dangerous _____.
a. diets b. pimples c. fashions d. magazines
2. Media and _____ also have a huge influence as teens want to be like the celebs they see in the ads.
a. Facebook b. Television c. Billboards d. Advertising
3. Teens are obsessed about their body _____.
a. appearance b. weight c. image d. look
4. When they look in the mirror, they think they are _____.
a. skinny b. fat c. over-exercising d. models
5. They want to _____ fit, so they go to the gym every day.
a. workout b. keep c. lose d. eat
6. The pressure of the _____ also affects teens' self-esteem as they worry about not fitting in.
a. parents b. teachers c. peers d. siblings

II. If- clauses

Complete the first or second conditional sentences with the correct form of the verbs in brackets.

1. _____ my friends _____ (**accept**) me if I **am** not slim?
2. She **won't become** a famous designer if she _____ (**not work**) hard.
3. If I _____ (**meet**) my favourite model, I **would ask** her for her autograph.
4. My father _____ (**cook**) a healthy dinner if we **buy** the ingredients.
5. If teens _____ (**not be**) influenced by celebrities and advertising, they **wouldn't be** so obsessed with their body image.
6. If I **were** you, I _____ (**buy**) this new cream to treat acne.