

- Reading comprehension



It's important for people to eat as much as they need to give them energy. If they eat too little food or the wrong food they won't have enough energy. If they eat too much, they will need to make more exercise; otherwise they will put on weight. When we eat the correct quantity of food for the exercise we take, we call this the energy balance.

Fat is very high in calories, and so is no help at all in keeping energy balance. Fat has also been linked with heart disease, and many experts believe that eating less would help to reduce it.

Sugar isn't good for the energy balance either. The only value of the diet is to provide energy, and you can get that from other foods. There's no doubt that too much sugar makes you fat and it doesn't do your teeth much good either.

Fibre, on the other hand is something that we eat too little of. One of the simplest ways of eating more fibre is to eat more bread, particularly whole meal, granary, or high fibre bread. It's a good, cheap source of fibre and nutrients without too many calories. Potatoes are good, too. Like bread, they are underrated, but they're excellent for filling you up without making you fat, especially if you don't cover them with butter or fry them in fat.

So eat less fatty food (sweets, chocolate, cakes, pudding, jam) and eat more fibre foods (bread, potatoes, pasta, fresh fruit and vegetables).

a. Are these sentences true or false? Correct the false sentences.

1. People won't need to exercise if they eat too much.
2. When people eat too much, they put on weight.
3. Eating less fat would cause heart attacks.
4. Sugar provides energy, but it causes obesity.
5. Fiber foods are good for the energy balance.

b. Answer these questions.

1. Give a title to the text.
2. Why is exercising necessary for good health?
3. What does "the energy balance" mean?
4. What are fatty foods? Give examples.

- **Vocabulary**

Match the pictures with these different ways of cooking.

microwave- roast- grill- bake- toast- chop- cook- fry



Choose the correct option.

My friend Tony tells jokes all the time. He is really **actor/ funny**.

Horror films are very **scary/ funny**.

The film was long and **science fiction/ boring**. We fall asleep while watching it!

Dan sings very well. He is a good **comedian/ singer**.

The **magician/ musician** does good tricks. He can disappear a person in the show!

- **Grammar**

Present perfect. Use the correct form of the verbs and complete with FOR or SINCE.

1. She.....(be) in hospital.....this morning.
2. Joe.....(live) in London.....five years.
3. We.....(know) each other.....June 2010.
4. How long.....you.....(be) here? –I.....(be) here.....half an hour.
5. I.....(have) this teddy bear.....I was a little child.
6. Jason.....(make) music.....more than 25 years.
7. My mother.....(not speak) to my sister3 days.

8. I(learn) these wordsthree hours.

PRESENT PERFECT SIMPLE

JUST / ALREADY / EVER / NEVER / YET

1. My Dad(fly, just) from New York.
2. John and Kate(buy, already) the tickets for next weeks concert.
3. Do you want some lunch? No, thanks. I(eat, just) a ham sandwich.
4.you(be, ever) to Italy?
5. How longJane(know) her boyfriend?
6. I(receive, yet, neg) my magazine
7. Tim(never, ride) on a rollercoaster.
8.Tina(give, yet) you your jacket back?
9. I(just, meet) my cousin from Canada.
10.you(see) my keys? I think I(lose) them.
11. Brigit(watch, already) this play, so she's going home.
12. How many sisters you(get)?

Write questions. Have you ever...?

1. (ride) a horse?
2. (eat) frogs' legs?
3. (see) a ghost?
4. (go) to Disneyland?
5. (drink) goat's milk?
6. (have) oatmeal for breakfast?
7. (dream) you could fly?
8. (visit) an art museum?
9. (play) baseball?
10. (climb) the Eiffel Tower?

School rules. What must/ mustn't students do at school?

Wait your turn/ no pushing/ good job/ pay attention/ no yelling/ don't chew gum in class/
raise your hand/ no running in the halls



One of your friends is having some problems. Give her advice using "need to".

1. I am going to fail my English exam...
2. I am not feeling well...
3. I don't understand my mum...
4. I want to learn Arabic...
5. I want to see the new "Harry Potter" movie, but I don't have money...
6. My friend Lisa is mad at me...
7. I don't want to play basketball anymore...

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