

1 Complete the sentences with the words in the box.

do do go take walk

- 1 My office is near my house and I usually _____ to work, but I drive when it's raining.
- 2 Try to _____ the stairs, not the lift, so you can get some exercise.
- 3 Phil likes to _____ to the gym three times a week. He even rides his bicycle there and back!
- 4 I'm quite healthy because I _____ lots of physical jobs around the house.
- 5 At primary school, children _____ an hour of exercise each day.

2 Choose the correct word in italics.

- 1 Can I lend / borrow your phone to call my boss?
- 2 Pippa said / told she was tired.
- 3 We watched / looked at a great film at the cinema last week.
- 4 You can come / go to my house for a coffee later.
- 5 When you go out, bring / take an umbrella with you.
- 6 They told / said me the way to the bank.
- 7 Sonje lent / borrowed me her suitcase when I went on holiday.
- 8 She looked at / watched the map before she left the house.
- 9 Do you want me to take / bring anything to your birthday party on Friday?
- 10 Let's go / come for a walk.

3 Choose the correct word in italics.

- 1 Michael runs / swims / does judo 10 kilometres in the park every day.
- 2 We like to play tennis / swim / play football in the sea when we go on holiday.
- 3 In France in the winter, people do athletics / ski / swim in the mountains because there's lots of snow.
- 4 Jim and Rui play basketball / cycle / go fishing on the river most weekends.
- 5 I do athletics / go to the gym / jog to use the exercise machines.
- 6 There is a stadium in our town and a lot of people do athletics / go fishing / ski there.

- 7 Kate's doctor told her to do judo / ski / do yoga because she has back pain.
- 8 We sometimes play basketball / cycle / go fishing in the local sports centre.
- 9 I play football / cycle / do athletics to work because the car parks in the city centre are very expensive.
- 10 Dimitri plays football / goes fishing / jogs for his university team.

4 Complete the conversations with the past form of the verbs in the boxes.

do	drive	eat	make	take
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Sophia So how's your new healthy lifestyle?

Ashun It's good, thanks. I feel a lot better. Yesterday I ¹ _____ salad for lunch and I ² _____ a healthy dinner for the family. And I ³ _____ some exercise in the evening! But I ⁴ _____ to work because I was a bit late. Tomorrow, I want to walk.

Sophia That's great! I'm trying to be healthy too. Yesterday I ⁵ _____ the stairs up to my office on the 10th floor!

come	have	sit	tell	write
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Miki Hi Raj, how was your evening?

Raj It was good, thanks. I ⁶ _____ some emails to a few friends and also ⁷ _____ time to go for a run in the park. Then my wife ⁸ _____ home and she ⁹ _____ me about her day. Then we ¹⁰ _____ on the sofa and watched TV.

Miki It sounds very relaxing. I worked late at the office and then just went home to bed.

5 Complete the conversation with the phrases in the box.

For me	I don't know about that	Yes, but
What do you think about	What's your opinion	

Debbie I watched a TV programme about sports people and money yesterday. It was very interesting. ¹ _____ sports people that earn lots of money, Paul?

Paul ² _____, it's OK. They are the best at their sport and they are a good example for young people. I don't mind that they earn a lot of money because they can only work for a short time.

Debbie³ _____. A lot of them think they're very important, but they just play a silly sport. There are more important things in life.

Paul ⁴ _____ a lot of them work with children and give their time to help other people too. ⁵ _____ of that?

Debbie Well, I agree it's a good thing. Maybe teachers should have the same pay!

6 Read the article. Decide if the sentences are true (T) or false (F). If there is no information about this, choose 'not given' (NG).

Five healthy foods that are bad for you!

1. Dried fruit

This has lots of sugar in it. People usually eat it a lot because they snack on it when they are at work. Eating half a cup of dried banana is like eating nine slices of bread. They have the same energy. Half a cup of raisins has the same sugar content as fifteen slices of bread!

2. Cereal

This is good for you before exercise like jogging or going to the gym because the sugar gives you energy. But it can be full of fat as well. One cup of cereal can have over 20 grams of fat.

3. Fruit yogurt

Yogurt with fruit also has lots of sugar. Often the fruit is in a sauce and that is full of sugar, too. But it's fine to eat it after doing sport for some extra energy.

4. Fruit juice

People think fruit juices are healthy, but this is not always true. Again, lots of them are full of sugar and don't have a lot of real fruit.

5. Nuts

These are good for you but only eat a little. Nuts have a lot of energy but also lots of fat, so it's important not to eat them all the time.

- 1 You shouldn't eat dried banana with bread. _____
- 2 Cereal has sugar in it. _____
- 3 Yogurt without fruit has no sugar. _____
- 4 Fruit juice is very good for your health. _____
- 5 Eating lots of nuts is a good idea. _____