

E. GRAMMAR & VOCABULARY

Exercise 1: Read the information. Then complete the table. Use the suffixes in the box.

Suffixes are letters that can be added to the end of a word to form a new word. The new word is typically a different word class from the original word. For example:

Word	Suffix	New word
forget	-ful	forgetful

In the example above, **-ful** has changed the verb to an adjective. The suffixes **-ment**, **-ism** and **-ion** will often change the word class to a noun. For example:

Word	Suffix	New word
govern	-ment	government
critic	-ism	criticism
create	-ion	creation

Remember that the suffix can sometimes cause the spelling of the original word to change. For example, when adding the suffix **-ion** to **create**, the final letter **e** is dropped from the new word: **creation**.

able ary ful ic ion ism ive

Verb	Noun	Adjective
affect	effect	effect _____
diet	diet	diet _____
harm	harm	harmless / harm _____
metabolise	metabol _____	metabol _____
prevent	prevent _____	prevent _____

Exercise 2: Match the adjectives with the definitions.

1 excessive	●	related to the treatment of illness and injuries
2 preventable	●	too much
3 dietary	●	containing many substances needed for life and growth
4 harmful	●	successful or achieving what you want
5 medical	●	avoidable
6 metabolic	●	relating to what you eat or drink
7 nutritional	●	the chemical processes in the body required for life
8 addictive	●	damaging
9 suitable	●	acceptable or right for someone or something
10 effective	●	something you cannot stop once you have started

Exercise 3: Match the sentence halves.

1 Weight gain can be caused by	●	too much fatty food are preventable .
2 Obesity is a medical condition	●	that has a negative effect on health.
3 People can lose weight by having	●	eating an excessive amount of food.
4 Foods that are high in fat can	●	to change their dietary habits.
5 Some fast foods are high in	●	salt and fat, which can be addictive .
6 It can be difficult for a person	●	be harmful for a person's health.
7 Most illnesses caused by eating	●	a suitable diet and exercising often.
8 Some athletes take tablets to	●	reduce their metabolic rate.
9 Yoga is an effective technique	●	for reducing stress levels.

Exercise 4: Read the information. Then choose the correct words to match the definitions.

Some root words in English can use more than one suffix. This can change the meaning and the form (noun, verb or adjective) of the word. For example:

Root word: create

creative (adjective): producing or using original and unusual ideas

creation (noun): the action or process of bringing something into existence

It is important to understand how suffixes change the form and meaning of words so that you can use the correct form when you write or speak.

1 *harmful* and *harmless*

A not able or likely to cause harm:

B causing harm:

2 *dieter and dietician*

A a person who studies and gives advice about food and eating:
B someone who is trying to lose weight by dieting:

3 *addicted and addictive*

A unable to stop doing something as a habit:
B makes it hard to stop doing something once you have started:

4 *nutrition and nutritious*

A containing many of the substances needed for life and growth:
B the substances that you take into your body and the way they influence your health:

5 *preventable and prevention*

A describes something that can be avoided:
B the act of stopping something from happening:

6 *effect and effective*

A something that is successful or achieves the results you want:
B the result of a particular action or influence:

Exercise 5: Read the words and phrases in the box. What are their functions? Complete the table with the words and phrases.

however in conclusion because of this on top of that in addition

ultimately to name one example in particular as such largely thanks to

as well as this that said by this I mean on the other hand

adding more information

contrasting with a previous point

giving examples or explanations

giving reasons

concluding

Exercise 6: Choose the correct words and phrases to complete the sentences.

A recent study has found that there are numerous factors that can reduce your life expectancy. These include not exercising, not eating enough fruit and vegetables and, in particular / largely thanks to, smoking. By this I mean / That said, you can do something to correct these and other unhealthy habits. As such / On the other hand, you need to change your lifestyle. As such / By this I mean don't overeat, start walking for 30 minutes a day and spend less time looking at a screen. As well as / Largely thanks to this, try to eat at least five portions of fruit and vegetables a day.

By this I mean / Ultimately, research shows that you are at greater risk of depression without a strong network of friends and family. As such / Because of this, work hard at ensuring that you maintain regular contact with all your loved ones.

Exercise 7: Read the information. Then complete the sentences. Use the words and phrases in the box.

We use *both*, *neither* and *either* to talk about two things. We use these words with nouns:

Both hospitals have now closed.

We can visit **either** shop.

Neither restaurant is open on Sundays.

Note that the noun after *either* and *neither* is in its singular form. We can also use *both*, *neither* and *either* without a noun:

'Do you prefer watching television or listening to the radio?' **Both**.

'Would you like orange juice or apple juice?' **Neither**. I'd like a bottle of water.'

I don't like eating fish and my husband doesn't **either**.

We can use *both of*, *neither of* and *either of* before a determiner (the / these / those / possessive pronoun) + plural noun or before a personal pronoun (e.g. us / them, etc.). Note that for *both of*, we always use the plural verb form, but for *neither of* and *either of*, we can use both the singular and plural verb forms:

Both of them are harmful to your health.

I haven't tried **either of** those alternative therapies.

Neither of my parents smoke / smokes

both both of both of these either either of neither neither of
none none of

1 Do you drink tea or coffee? I don't think they're very healthy drinks.

2 I haven't been to the new vegetarian restaurants, but I hear they are very good.

3 A poor diet can lead to obesity and high cholesterol, and these health problems **have** serious implications.

4 Did any of your children get the flu this winter? No, them.

5 Can I have some more cheese, please? Sorry, there's left.

6 High blood pressure can lead to other health issues, including heart and kidney problems. problems can have very serious implications.

7 my parents has very good health because they don't exercise enough.

8 I don't eat red meat and my partner doesn't .

Exercise 8: Complete the sentences. Use the words and phrases in the box.

few of many much of some of the majority of the whole of
whole

1 Not many wanted a new supermarket in the village, but the residents were in favour.

2 the medical group voted for more funds for a new hospital. Nobody was against it.

3 the employees in the laboratory are over the age of 30.

4 He spends his free time playing video games.

5 They don't suffer from serious health problems.

6 He feels very lonely because only a his friends and relatives have visited him in hospital.

7 The group acknowledged that more money was needed to continue the research.

Exercise 9: Put the words in the correct order to complete the sentences.

1

Serious health implications can both of these have problems

2

The the report medical profession with the whole of agrees

3

People are overweight the majority of or obese

4

Times hospitals have waiting three hours many reduced by almost

5

Is in the developed world much of taking in obesity
the increase place

6

To the increasing a number of junk food reports focus
addiction on

7

I don't those health experts either with of agree
so-called

8

That it's worrying health problems have of their children
all four

Exercise 10: Read about how attitudes to diet and health have changed over time. Choose the correct words and phrases to complete the sentences.

Nowadays, nearly all / most adults understand what a healthy diet should contain. This is because / largely thanks to the fact that more nutrition / nutritional information is available. This is a huge improvement on

the situation 50 years ago, when few / many knew what to eat and drink to keep healthy. Today, the majority / whole of people say that eating lots of fruit and vegetables, as well as / in particular doing regular exercise, is an important part of a healthy lifestyle. Because of this / That said, many people still say they would like to improve their diets and a number of / much of studies show that the global obesity rate has actually increased over the last 50 years. One reason for this is that more and more people are becoming addicted / addictive to junk food. While there is a lot of information about the negative affects / effects of fatty foods, it is up to individuals to ensure that their own diets remain balanced and healthy.