

3 Complete the sentences with words and phrases below from Exercise 1. Drag the answers.

get fit team gym fitness trainer injuries track fresh air heart
muscles bones gain weight dietician lose weight exercise

1. Today, many people work out regularly at a
2. Rugby, football, basketball and volleyball are all sports.
3. If you eat too many calories, you will
4. I love walking by the sea because I enjoy the
5. Before a competition, runners practise running on a
6. A drastic diet isn't good because you can too quickly.
7. Extreme sports are dangerous because they can cause

5 Listen again and click the TWO correct answers. Then check.

-  1. Lena and Zack are both
a. looking for information on YouTube
b. doing projects on nutrition
c. using the Internet

Check

-  3. Professor Philip James
a. is worried about children's diets
b. gave the children processed food
c. didn't give the children junk food

Check

-  2. In the 1940s in Britain,
a. people grew vegetables
b. there wasn't enough food
c. people only ate eggs, butter and sugar

Check

-  4. The children in the experiment
a. gained weight
b. got much fatter
c. became taller

Check

English in Use

We use *either ... or* to talk about a choice between two possibilities.

You can have **either** chicken **or** fish.