

Empower B1 U7B

1 VOCABULARY Health collocations

a Match 1–8 with a–h to make sentences.

- 1 ☒ c She gave up
 - 2 ☐ f I've lost a lot of
 - 3 ☐ g I'm sure he's put on
 - 4 ☐ h My plan is to get
 - 5 ☐ a A lot of teenagers today are
 - 6 ☐ b She keeps in
 - 7 ☐ d It's important to have a healthy
 - 8 ☐ e I was a regular
- a shape by exercising regularly and eating carefully.
 - b fit by going to the gym twice a week from January.
 - c smoking three years ago and now feels much healthier.
 - d overweight because they don't get enough exercise.
 - e smoker for 10 years but now I've stopped.
 - f weight since I started eating a healthy diet.
 - g weight because he doesn't look as slim as he did last year.
 - h diet with plenty of vegetables and fruit.

2 GRAMMAR *used to*

b Complete the sentences with the correct forms of *used to* and the verbs in brackets.

- 1 We used to have (have) a dog, but it died five years ago.
- 2 Molly _____ (buy) bread from the supermarket, but now she has to get it there because the baker's closed last month.
- 3 What _____ you _____ (eat) for lunch when you were at school?
- 4 She _____ (speak) German quite well, but she hasn't been there for 10 years and so she's forgotten most of it.
- 5 I _____ (go) to work by bus every day, but now I usually cycle or walk.
- 6 _____ you _____ (play) with dolls when you were little?
- 7 My grandfather _____ (have) a mobile phone until we bought him one for his birthday.
- 8 We _____ (watch) black-and-white films at the cinema when I was young. We thought they were brilliant!