Spotlight 9	Grammar Task 9714

1. Read the text and fill in the gaps with the proper grammatical form of the capitalized words

Write in BLOCK CAPITALS without spaces between the words!!!
(ПЕЧАТНЫМИ ЗАГЛАВНЫМИ БУКВАМИ, ТОЛЬКО ПОЛНЫЕ ФОРМЫ!!!
без пробелов и знаков препинания!)

Doing Exercise	
Exercise and proper nutrition **(1)** _____ the	**BE**
key to **(2)**_____ a healthy body. Without both of	**HAVE**
these factors, we **(3)** _____ or **(4)** _____ very	**NOT FEEL (3)**
good.	**LOOK (4)**
It's good **(5)** _____ children to develop healthy	**TEACH (5)**
habits and see why it's cool to be fit! Exercise	
(6)_____ your heart happy and your heart is one	**MAKE**
hard-working part, **(7)**_____ blood every day of	**PUMP**
your life. The heart is a muscle, and it's the	
(8)_____ muscle in your body but it's always	**STRONG**
looking to become even **(9)** _____ !	**STRONG**
When you do aerobic exercise and bring in that	
oxygen, your heart becomes **(10)** _____ and even	**STRONG**
a bit **(11)**_____ .The number of blood cells in your	**BIG**
blood **(12)**_____, so the blood can carry even	**INCREASE**
(13)_____ oxygen. The blood in your body even	**MUCH**
moves **(14)** _____ through the blood vessels than	**EASILY**
before the exercise.	
Exercise makes your muscles **(15)** _____ a	**DO**
fine job when **(16)** _____ you use them for taking	**LATE**
long bike rides or climbing a tree. Exercise makes	
you flexible. As people get **(17)** _____ they tend	**OLD**
to get **(18)** _____, so that's why it's important to	**FLEXIBLE**
exercise when you're a kid. When you're flexible, you	
can be **(19)** _____ without having to worry about	**ACTIVE**
getting sprains. Exercise can make you feel	
(20)_____ about yourself, too.	**GOOD**

2. Read the text and fill in the gaps transforming the capitalized words.

Doing Exercise *(Continued)*	
Your heart is a **(1)** _____ organ, the strongest	**WORK**
muscle in your body. Since it can't lift **(2)** _____	**WEIGH**
to get stronger, it relies on you to do aerobic	
exercise. Aerobic exercise is any kind of **(3)**_____	**ACT**
that makes your muscles use oxygen. Aerobic	
exercise is **(4)** _____ : you do it over and over to	**REPEAT**
keep bringing fresh oxygen to all of your muscles.	
Your body works more **(5)** _____ to keep you	**EFFICIENT**
(6)_____ and you can do lots of exercise without	**HEALTH**
getting worn out. As your muscles get stronger, they	
protect you from **(7)** _____ when you exercise.	**INJURE**
Exercise makes you flexible.	
(8) _____ , it's easy to find things to do for	**LUCK**
good **(9)**_____ : yoga, dancing, karate, tae-kwon-	**FLEXIBLE**
do. When you exercise, your body can release	
chemicals that create a happy **(10)** _____ in your	**FEEL**
brain.	

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