

















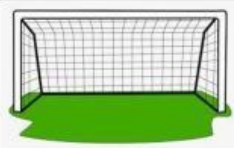

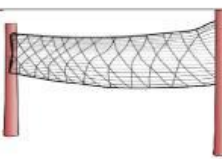



UNIT 2 SPORT 1

1. Look and write the word under the corresponding picture:

nutrients	carbohydrate	energy	grains
oxygen	dairy	hydrate	sugary food
digest	in tip-top condition	protein	volleyball
volleyball	net	racquet	goalpost
goggles	hockey stick	shin pads	shuttlecock
gymnastics	judo	athletics	hockey

2. Read and write the corresponding word next to the definition:

nutrients	carbohydrate	energy	grains
oxygen	dairy	hydrate	sugary food
digest	in tip-top condition	protein	volleyball
volleyball	net	racquet	goalpost
goggles	hockey stick	shin pads	shuttlecock
gymnastics	badminton	athletics	hockey

A substance in food that provides the body with energy: _____

Excellent, perfect: _____

the object that players hit backwards and forwards in the game of badminton: _____

You need to be flexible and strong to do this sport: _____

Food that contains a lot of sugar: _____

A substance that is needed to keep a living thing alive and to help it to grow: _____

To make your body adsorb water or other liquid: _____

You play this on grass or on a court. You need a net, racquet, and shuttlecocks: _____

To change food in your stomach into substances that your body can use: _____

Milk, cheese, and other milk products: _____

The small hard seeds of food plants such as wheat, rice, etc.: _____

3. Zero Conditionals and First Conditionals: Read and choose the correct sentence:

<p>A. If it rains, you'll get wet.</p> <p>B. If it rains, you get wet.</p>	<p>A. Your bones will grow strong if you eat foods that contain calcium.</p> <p>B. Your bones grow strong if you eat foods that contain calcium.</p>
<p>A. If ice melts, it becomes water.</p> <p>B. If ice melts, it will become water.</p>	<p>A. If you water a plant, it grows.</p> <p>B. If you water a plant, it will grow.</p>
<p>A. If you eat less sugary food, you'll be healthier.</p> <p>B. If you eat less sugary food, you are healthier.</p>	<p>A. You pass the exam if you study hard.</p> <p>B. You'll pass the exam if you study hard.</p>
<p>A. I'll take the bus if it rains tomorrow.</p> <p>B. I take the bus if it rains tomorrow.</p>	<p>A. I go to bed early if I'm tired.</p> <p>B. I'll go to bed early if I'm tired.</p>

4. Rita has got a big gymnastics competition next month. Read and circle the correct word in each sentence:

If she **trains/ will train** hard, she'll **do/ does** well in the competition.

She **will be/ is** in tip-top condition if she **will train/ trains** hard.

If she **believes/ will believe** in herself, she **will do/ won't** do well.

She'll **need/ needs** to breathe deeply if she **feels/ will feel** nervous before the competition.

Unless she **eats/ will eat** well, she **will/ won't** have any energy.

She **will/ won't** perform well unless she **sleeps/ will sleep** well before the competition.

5. Use the given words and write FIRST CONDITIONAL SENTENCES. There is one example.

E.g.: Drink 3 liters of water daily/ stay healthy => ***If you drink 3 liters of water daily, you'll stay healthy.***

relax/ study well _____

go to bed early/ feel fresh: _____

remember better/ use pictures to learn vocabulary: _____

make good notes/ remember information better: _____

get fat/ not exercise. _____