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











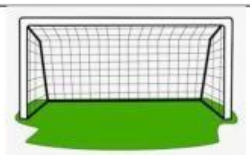


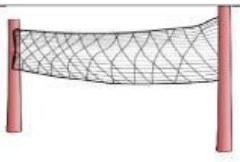













LIVEWORKSHEETS

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:**

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

LIVEWORKSHEETS

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.

_____

LIVEWORKSHEETS