

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:

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

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.
