














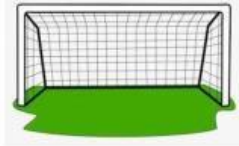






## UNIT 2 SPORT 2

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

muscle	belt	calcium	fiber
--------	------	---------	-------

## 2. Read and complete the sentences with the appropriate words:

oxygen	calcium	tip-top condition	protein
carbohydrates	hydrate	digest	fiber
shin pads		muscles	gymnastics

Meat and fish can take up to 2 days to fully \_\_\_\_\_. The proteins and fats they contain take longer for your body to pull apart.

\_\_\_\_\_ in food provide the body with energy and heat. They are found in both healthy and unhealthy foods such as whole grains, fruit, vegetables, milk, popcorn, cookies, soda, etc.

repairs your \_\_\_\_\_ after exercise and helps your blood cells carry nutrients and oxygen to them.

If you know ways to \_\_\_\_\_ your skin, you'll look much younger. Drinking plenty of water is the first thing you need to do.

\_\_\_\_\_ is a chemical every living thing needs to live and breathe.

These \_\_\_\_\_ are of good quality and can protect your legs effectively when you play football.

Carbohydrates, proteins, fats, vitamins, minerals, and water are the 6 essential \_\_\_\_\_ for our body.

Don't forget to eat yogurt. It contains \_\_\_\_\_ that helps strengthen your bones.

Vegetables and fruit are rich sources of \_\_\_\_\_. This part of food helps prevent constipation by increasing the weight and size of your stool and softening it.

If you want to keep your body in \_\_\_\_\_, you'll need to do exercise every day from now on.

You need to be very flexible and strong to do \_\_\_\_\_. You need to train very hard as well.

## 3. Read and complete the following first conditional sentences:

If my friends forget my birthday, \_\_\_\_\_.

If she keeps starving herself like this, \_\_\_\_\_.

Unless these guys stop burning trash, \_\_\_\_\_.

\_\_\_\_\_ if you don't put these goggles on.

I'll be very happy \_\_\_\_\_.

\_\_\_\_\_, she can get sick very easily.

Unless Peter \_\_\_\_\_, he will get punished.

#### 4. Listening

Listen to Peer talking to a friend about learning to drive.

For questions 11-15, tick A, B or C. You will hear the conversation twice.

**11. Each driving lesson costs:**

A. £14.

B. £40.

C. £60.

**13. The teacher's car is:**

A. slow.

B. old.

C. big.

**15. Peter thinks the teacher is too**

A. expensive.

B. unfriendly.

C. young.

**12. A lesson is:**

A. 30 minutes.

B. 45 minutes.

C. 60 minutes.

**14. Peter failed the test because:**

A. drove too fast.

B. didn't see a crossing.

C. didn't stop at the traffic lights.