

## Unit 2: Healthy living

### Exercise 1: Rewrite the following sentences in the correct order

1. play/ can/ the guitar/ I./

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2. ride a bike/ do/ at the weekend/ you/ ?/

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3. have a picnic/ I/ at the weekend/ ./

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4. you/ do/ play/ at the weekends/ computer games/ ?/

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5. fly/ on Sundays/ a kite/ They/ ./

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6. football/ I/ play/ can/ ./

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### Exercise 2: Find the word which has a different sound in the part underlined

1. A. thousand	B. <u>th</u> ick	C. month	D. <u>th</u> en
2. A. t <u>in</u> y	B. l <u>igh</u> t	C. c <u>ontin</u> ue	D. b <u>l</u> ind
3. A. <u>tutor</u>	B. <u>du</u> ck	C. <u>cu</u> be	D. m <u>us</u> ic

### Exercise 3: Complete the sentences with the correct form of the verbs in brackets

1. You are catching the flu, but you (not, wash) ..... your hands very often.
2. Mark feels tired, but he (not, go) ..... a sore throat.
3. Anna doesn't feel well. She often (feel) ..... sick and weak.
4. Eat less high-fat food to keep you from (get) ..... fat.
5. To prevent the flu, you should (eat) ..... a lot of garlic and keep your body warm.

### Exercise 4: Choose the correct answer A, B, C or D

1. Does your father like ..... photos?

A. doing	B. making	C. taking	D. having
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2. What do they .....about making pottery?

A. have      B. worry      C. think      D. take

3. My daughter is .....She can make new things easily.

A. creative      B. careful      C. serious      D. happy

4. My mum does exercise every day to .....fit.

A. keep      B. do      C. take      D. turn

5. The man .....up this hobby when he returned to his country.

A. added      B. had      C. took      D. saw

6. You should eat a lot of fruits and vegetables because they ..... vitamin A, which is good for the eyes.

A. run      B. take      C. provide      D. get

7. The health ..... from the diet expert is that you should eat less junk food and count your calories if you are becoming fat.

A. advices      B. ideas      C. tip      D. tips

8. The seafood I ate this morning makes me feel ..... all over.

A. itchy      B. weak      C. running      D. well

9. If you want to be fit, stay outdoors more and do more ..... activities.

A. physics      B. physic      C. physical      D. physically

10. Do more exercise ..... eat more fruit and vegetables.

A. and      B. so      C. but      D. or

**Exercise 5: Choose the word which best fits each gap.**

Breakfast is the (1) ..... important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) ..... and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) ..... to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) .....

weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) \_\_\_\_\_ three meals helps take-off weight more efficiently than (6) \_\_\_\_\_ breakfast and having two larger meals a day does.

1. A. healthy	B. tasty	C. main	D. most
2. A. strength	B. power	C. energy	D. effort
3. A. able	B. enable	C. unable	D. capable
4. A. lose	B. put	C. gain	D. drop
5. A. in	B. into	C. up	D. for
6. A. skipping	B. making	C. buying	D. serving

**-The end-**