

## 1 VOCABULARY health and the body

a Order the letters to make words that complete the sentences.

- 1 A dentist looks after your (ttee) teeth.
- 2 Exercise helps to keep your (esslucm) \_\_\_\_\_ strong.
- 3 Doing exercise every day can cut the risk of a (earth) \_\_\_\_\_ attack.
- 4 Drinking a lot of alcohol is bad for your (viler) \_\_\_\_\_.
- 5 You can lose a lot of (dobol) \_\_\_\_\_ if you cut your hand badly.
- 6 If you have a skiing accident, you can easily break a (nobe) \_\_\_\_\_.

b Complete the sentences with a word from a. Use plurals where necessary.

FASCINATING  
FACTS

1 Most parts of your body can  
repair themselves, but your  
\_\_\_\_\_ can't.



2 Your \_\_\_\_\_ cleans your  
body of alcohol and caffeine.



3 The \_\_\_\_\_ in  
your legs are very strong.



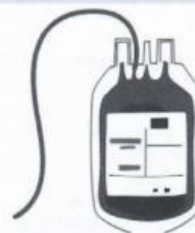
4 You use 17 \_\_\_\_\_  
in your face when you smile.



5 In an average lifetime,  
your \_\_\_\_\_  
beats 2.5 billion times.



6 There are about 5 litres of  
\_\_\_\_\_ in an adult body.



## 2 GRAMMAR quantifiers, too, (not) enough

a Complete the sentences with a few, a little, much, many, or a lot of.

- 1 Max is quite overweight because he eats a lot of chocolate.
- 2 Excuse me! Can I ask you \_\_\_\_\_ questions about your diet?
- 3 How \_\_\_\_\_ pieces of fruit do you eat a day?
- 4 How \_\_\_\_\_ sugar do you have in your coffee?
- 5 Could I have \_\_\_\_\_ more tea, please?
- 6 I watch \_\_\_\_\_ TV – usually four or five hours a day.
- 7 \_\_\_\_\_ sunshine is good for you, but no more than 15 minutes a day.
- 8 I only drink \_\_\_\_\_ cups of coffee a day – maybe two or three.

b Match 1–6 to a–f to make sentences.

- 1 The problem with your diet is that you eat c.
  - 2 You're probably having problems sleeping because you drink \_\_\_\_\_
  - 3 If you want to lose weight, make sure you do \_\_\_\_\_
  - 4 I don't like the gym because there are \_\_\_\_\_
  - 5 I know I need to do more exercise, but when I finish work, I'm just \_\_\_\_\_
  - 6 Jason's dad had a heart attack, but luckily they got to the hospital \_\_\_\_\_
- a too tired.  
b early enough.  
c too much sugar.  
d too much coffee late at night.  
e enough exercise.  
f too many people and not enough machines.

c Rewrite the sentences with the words in brackets.

- 1 You need to do more exercise. (enough)  
You don't do enough exercise.
- 2 You need to drink less beer. (too much)  
You drink \_\_\_\_\_.
- 3 You go to bed too late. (early enough)  
You don't \_\_\_\_\_.
- 4 Are you getting all the sleep that you need? (enough)  
Are you getting \_\_\_\_\_?
- 5 You need to stop eating all those biscuits – they're bad for your teeth. (too many)  
You eat \_\_\_\_\_.
- 6 I think my diet includes the right amount of fruit and vegetables. (enough)  
I think I eat \_\_\_\_\_.

## 3 PRONUNCIATION /ʌ/

a Tick (✓) the word that has an /ʌ/ sound.



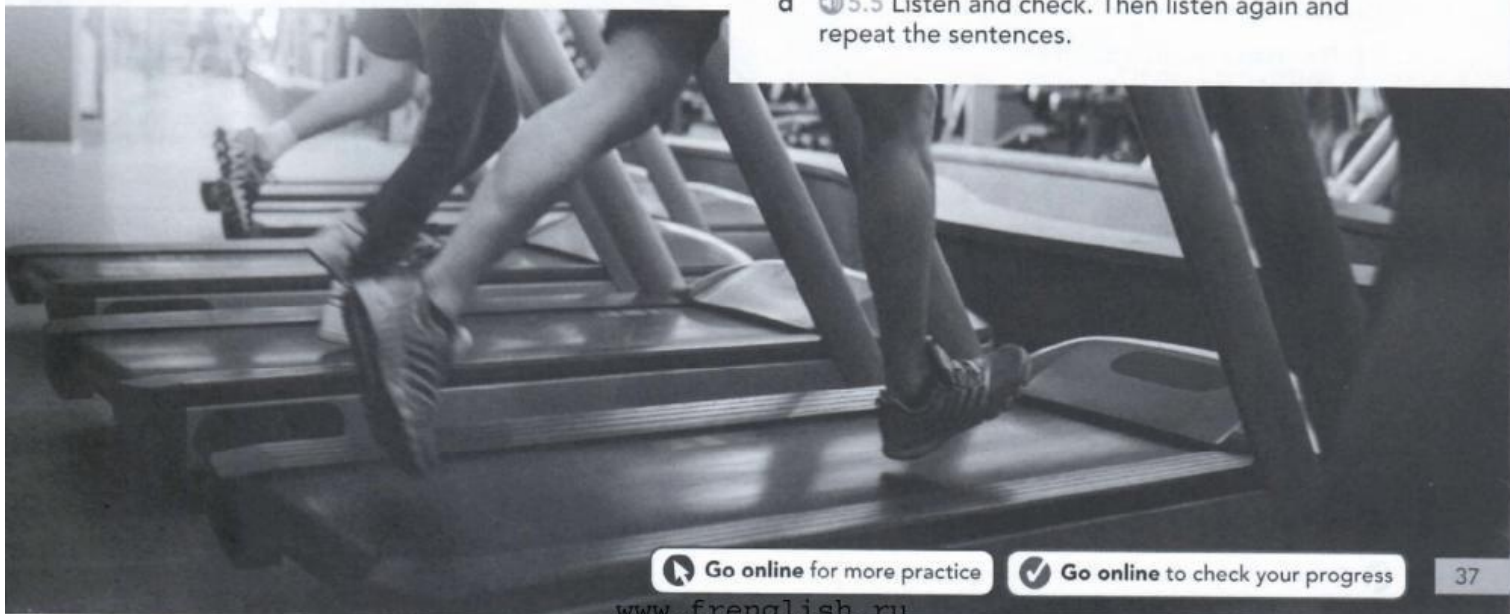
- |           |                                     |        |                          |
|-----------|-------------------------------------|--------|--------------------------|
| 1 cut     | <input checked="" type="checkbox"/> | put    | <input type="checkbox"/> |
| 2 muscle  | <input type="checkbox"/>            | cute   | <input type="checkbox"/> |
| 3 through | <input type="checkbox"/>            | enough | <input type="checkbox"/> |
| 4 food    | <input type="checkbox"/>            | blood  | <input type="checkbox"/> |
| 5 none    | <input type="checkbox"/>            | bone   | <input type="checkbox"/> |

b 5.4 Listen and check. Then listen again and repeat the words.

c Circle the TWO bold letters in each sentence that have an /ʌ/ sound.

- 1 Did it hurt when you **cut** **your** thumb?
- 2 Being in hospital **wasn't** **much** fun.
- 3 I like to give **blood** every **few** months.
- 4 We all need to **get** **enough** sun.
- 5 I don't really **do** **much** running.

d 5.5 Listen and check. Then listen again and repeat the sentences.



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