

YOU ARE WHAT YOU EAT



1. Vocabulary

Choose the correct answer.

1. Discovering a lack of red blood cells in Joseph's blood, doctors diagnosed him with ____
a diabetes b anaemia c obesity
2. A diet completely ____ of carbohydrates might leave a person feeling tired.
a detrimental b dependent c devoid
3. The food at the banquet looked delicious and Tonya found it difficult not to ____.
a overindulge b exceed c yearn
4. Parents should ____ limits for their children in terms of how much sugar they consume daily.
a set b restrict c refrain
5. My grandmother's means that she has to take supplements to make sure her bones get stronger.
a heart disease b hypertension c osteoporosis
6. Watching TV, spending time on the Internet and staying seated at work all day contribute to a(n) ____ lifestyle.
a deficient b inactive c congenital
7. After a delicious meal, what I really ____ delicious dessert.
a consume b impose c crave
8. Being underdressed in winter makes you ____ to cold.
a beneficial b associated c susceptible

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2. Choose one of the words in bold and use it in the correct form to complete the gap in the sentence.

- 1 She didn't understand the instructions, so she asked me to ___ (class / clear) them for her.
- 2 He had to stop taking the medication because the negative side effects began to ___. (intense / stable)
- 3 ___ down your food quickly is dangerous; you might choke! (swallowing / gulping)
- 4 Exposure to bacteria ___ on a serious illness in Jenny. (whip / bring)
- 5 Centres for disease control often ___ information that protects people from health hazards. (special / public)
- 6 ___ into dense substances, such as hard sweets can result in tooth damage. (chewing / biting)
- 7 When Harry walked into the kitchen, his starving teammates were already ___ down the food his mum had prepared for them. (bolt / burn)
- 8 My grandfather would add a pinch of sugar to his spaghetti sauce to ___ it. (loose/ sweet)

3. Grammar

Circle the correct words.

Having a fight with a friend is difficult. I know because I recently had one with my friend, Kaye. It all started when she **1** informed me / informed that she couldn't make it to my piano recital. I was disappointed, but not angry. But then she admitted **2** to me / me that the reason she wasn't coming was because she was going to a party. Then I was angry! I reminded **3** her / to her that just a few days before, she had promised **4** to come / coming. She then had the gall to deny **5** having said / to say that. I thought about threatening **6** telling / to tell everyone on social media about the situation, but, thankfully, my mum advised **7** me / to me not to do it. The day of my recital arrived and when I went on stage, I couldn't believe who was in the front row. Kaye! After the performance, she apologised **8** for / about behaving badly and I think we're closer than ever now.

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