

3 Complete the sentences with the correct form of these phrases. There are two extra phrases you do not need.

cut down do (your) bit do without kill off
make do with make sure throw away die out

- We all need to to keep the school clean and tidy.
- Bigger species of birds are smaller ones in the area. There are hardly any left.
- Will you a sandwich for lunch? We haven't got anything else.
- We need to the carbon emissions created in our city.
- Can you all the animals are fed before ten o'clock, please?
- Have you the salad? I wanted to have that for my dinner!

4 Put the letters in the correct order to find 11 nouns connected to food.

- NAEBS
- VARSTEH
- SPROC
- DTPCUINORO
- EASSNO
- KSTEA
- SPROTANTR
- HWETA
- MERCONUS
- GANCORI
- TERNIAGEVA

5 Read the definitions and complete the verbs they describe.

- sell goods to another country: e _ _ _ _ _
- do what someone in authority tells you, or what a law or rule says you must do: o _ _ _
- pay no attention to something on purpose: i _ _ _ _ _
- become bigger in number or amount: i _ _ _ _ _
- put used objects through a process so that they can be used again: r _ _ _ _ _
- prevent something being used or done: b _ _
- cut something into small pieces: c _ _ _
- bring a product from one country to another so that it can be sold there: i _ _ _ _ _
- come together in public to say you do not agree with something: p _ _ _ _ _
- another word for buy: p _ _ _ _ _

Read the text and decide which answer (A, B, C or D) best fits each gap.

Why getting up early is good for you

If you ⁰hardly ever get up early in the morning, you're ¹..... out on many benefits. While you may not ²..... like climbing out of bed at 6 a.m., evidence shows that doing so can improve your grades at school. This is partly because you're more ³..... to eat a good breakfast before heading off into the ⁴..... hour. Eating a full, healthy breakfast not only helps you concentrate in lessons, but also makes it easier to ⁵..... without snacks full of sugar or fat later in the day.

Getting up early has a positive ⁶..... on your mind and body: there's the chance to exercise and enjoy some peace and quiet before school. This can help you ⁷..... your head around problems and plan for the day ahead.

If all this leaves you worrying about a ⁸..... of sleep, don't! Getting up early means you'll want to go to bed earlier, which will help you sleep better.

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|--------------|------------|-----------------|---------------|
| 0 A almost | B just | C hardly | D nearly |
| 1 A running | B going | C missing | D falling |
| 2 A want | B feel | C hope | D think |
| 3 A possible | B suitable | C right | D likely |
| 4 A rush | B fast | C hurry | D speed |
| 5 A make | B have | C do | D keep |
| 6 A impact | B result | C advantage | D reaction |
| 7 A put | B find | C bring | D get |
| 8 A need | B lack | C wish | D requirement |