

Gerund and infinitive

1 ☆☆ Choose the correct form of the verbs to complete the sentences.

- You don't need to cut/cutting out sweet foods completely.
- I'm quite keen on to join/joining a sports club.
- Would you like to play/playing tennis with me later?
- To run/Running isn't my favourite activity!
- My dad promised to take/taking me to the cinema on Saturday.
- Jess admitted to feel/feeling really tired after the walk.

2 ☆☆ Write the sentences in the correct order.

- going / I / for / like / walks
I like going for walks.
- exercise / good / doing / is / for / you

- gym / decided / I / join / local / to / a

- easy / it / to / fast food / cut out / isn't

- called / I / Sofia / ask / to / advice / for

- I'm / running / a marathon / in / interested

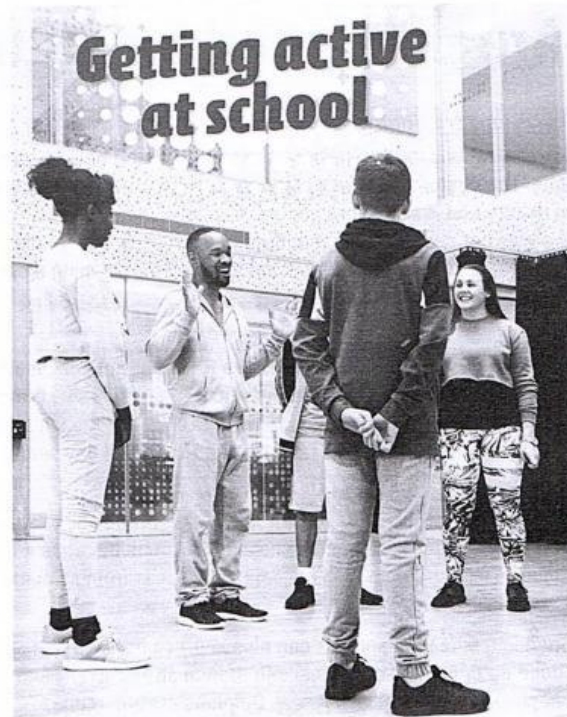
3 ☆☆ Complete the questions with the correct form of the verbs in brackets.

- What exercise are you planning to do (do) this week?
- What kinds of sports do you enjoy _____ (take) part in?
- Do you find it easy or difficult _____ (eat) a healthy diet? Why?
- What new things are you trying _____ (learn) at the moment?
- What sports are you interested in _____ (try) in the future?

4 ☆☆☆ Answer the questions in exercise 3 for you.

- _____
- _____
- _____
- _____
- _____

5 ☆☆☆ Complete the text with the correct form of the verbs in brackets.



It is well known that 1 doing (do) exercise every day is good for your health, so some schools are now interested in 2 _____ (find) new ways to include exercise in the normal school day. In the United States, Active Schools encourage students 3 _____ (become) fitter by 4 _____ (make) sure that they do at least one hour of physical exercise each day before, during and after classes.

A few forward-thinking schools have decided 5 _____ (change) their normal classroom chairs for exercise bikes 6 _____ (allow) their students to cycle while they are studying. Most students are delighted 7 _____ (have) the bikes and find it easy 8 _____ (concentrate) on their work and cycle at the same time. What do you think? Would you enjoy 9 _____ (be) more active at school?