Revision Unit 1

1 Choose the correct options.

1 Patients with high blood sugar have to *cut down on* / *come down with* sweets.
2 I need to go to the chemist's to buy some *medicine* / *treatment*.
3 Don't stay *up* / *in* too long – you've got school tomorrow morning.
4 One bowl of *cereal* / *crisps* for breakfast is not enough for me, I'm afraid.
5 Luckily, it's only a mild infection and I don't have a *fever* / *pain*.
6 To avoid *dehydration* / *a rash*, drink a glass of water when you wake up and before you go to bed.

2 Complete the sentences.

1 I'd like to have some salted peanut tart with s our cream on top for dessert.
2 First, freeze the lemon – it will be easier to s _____ the juice afterwards.
3 Flour and milk are the main i _____ of pancakes.
4 Tom isn't at school today due to serious food p _____.
5 My favourite sandwich is with c _____ cheese and smoked salmon.
6 Go for a walk! You spend too little time o _____.

3 Complete the sentences with one word in each gap.

1 How much salt do you think I should add?
2 Unfortunately, _____ classmates have accepted the invitation to my barbecue.
3 Is there _____ garlic in this sauce?
4 Put _____ honey in your tea – it's healthier.
5 How _____ guests are coming for dinner?
6 Add only a _____ chilli powder to the curry. I won't eat it if it's too spicy.

4 Complete the conversation with six verb forms from the box.

chopping | to chop | cooking | to cook | doing | to do | helping | preparing

Pete: I promised [1] to make to make dinner for my mum tonight, but I'm not very keen on [2] _____.

Mike: I'll help you. It's easier [3] _____ something together. Let's make some pasta with tuna. It's easy and fast – [4] _____ everything will take no more than thirty minutes.

Pete: OK, what do I do?

Mike: Start with [5] _____ the onions.

Pete: Sure thing! Thanks for [6] _____ me.

5 Choose the correct translation.

1 What can I do to _____ (*uniknąć zachorowania*) ill in winter?
- A avoid getting
- B try to get
- C prevent from getting

2 Leave _____ (*trochę chleba*) – we can make French toast tomorrow.
- A little bread
- B a little bread
- C any bread

3 Do we have _____ (*wystarczająco dużo*) jars to put the jam in?
- A too many
- B enough
- C too much

4 Many students admit _____ (*że jedzą*) unhealthy snacks.
- A to eat
- B eat
- C eating

5 Tina's mum _____ (*każe jej*) eat three portions of veggies a day.
- A allows her to
- B makes her
- C makes her to

6 Choose the correct options to complete the recipe for a healthy breakfast.

My super healthy fruit breakfast

First, get all the [1] *food* / *ingredients*. You need different kinds of fruit (about 150 grams), 100 grams of oats, two [2] *tablespoons* / *pinches* of natural yoghurt and some honey. First, [3] *cook* / *measure* the oats carefully, so you don't use too much.
Next, [4] *add* / *chop* the fruit into small pieces. (I like to use apple, orange, banana and grapes.) [5] *Mix* / *Put* the chopped fruit into a cereal bowl. Then [6] *mix* / *add* it with the oats. [7] *Mix* / *Add* the yoghurt on top of the fruit, and [8] *first* / *finally*, for a lovely sweet taste, [9] *mix* / *pour* the honey on top – about a [10] *handful* / *teaspoon* is plenty. Cover and leave in the fridge overnight. And there it is – a delicious and healthy breakfast!

7 Complete Ana's healthy week diary with the phrases from the box.

drink enough water | eat sugary snacks | eat too fast | fight off infections | get active | get enough sleep | improving your mood | make an appointment | skip breakfast | taking an aspirin

Day 1
I'm trying to [1] cut down on sugar. If I'm hungry, I don't [2] _____ or sweets. I usually [3] _____, but this morning I had a good meal, so I hope I won't snack until at least 11 o'clock.

Day 3
Today I want to make sure I [4] _____. My goal for the day is two litres! I'm also trying to take more time with my meals because I know I often [5] _____ and it isn't good!

Day 5
Not a good day today because I was tired, so I ate some chocolate for energy! :(I'm going to bed early tonight to make sure I [6] _____.

Day 7
Yay! First week done! The goal for next week is to start moving a lot more and [7] _____! I'm going to walk to school every day. I know that doing exercise is a good way of [8] _____ – I feel more cheerful already.

Day 8
I think I'm ill. ☹ I thought that a healthy diet could help me [9] _____, but I was wrong! I've got a headache and a sore throat. I tried [10] _____ in the morning, but it didn't help. I need to [11] _____ with a doctor ASAP ...

LIVEWORKSHEETS