

I. 1 – Match the pictures with the following food idioms. **There are two extra options:**

- 1 - a couch potato 2 - a piece of cake 3 - to go bananas 4 - not be your cup of tea
5 - a bad apple 6 - to be full of beans 7 - as cool as a cucumber 8 - packed like sardines



2 – Complete the following sentences with the idioms above:

- 1 – The Maths test was a _____! I'm going to have an excellent mark.
2 – When I arrived home, I had a surprise party! I went _____ with excitement!
3 – When I listen to classical music, I feel _____. It's so relaxing!
4 – Watching horror film is not _____. I prefer comedies.
5 – Don't let that _____ ruin your day. Peter is always creating tension in our group of friends.

3 – Complete the following text about **physical and mental health** with these words:

sleep	body	mental	diet
eating	exercise	bulimia	disorders

Maintaining both physical and mental health is important for our well-being. Physical health involves doing regular _____, eating a balanced _____, and getting enough _____, which all contribute to a strong body and a vibrant life. _____ health is equally important, as it influences our thoughts, feelings, and behaviour. _____ disorders, such as anorexia or _____, call our attention to the critical connection between mental and physical health. Anorexia can lead to severe physical consequences, including malnutrition and heart problems, stemming from the psychological struggle with _____ image and food. Recognizing the signs of such _____ and seeking help early is vital.

II.1 – Choose the correct option to complete the following sentences:

ALTHOUGH	DESPITE	EVEN THOUGH	IN SPITE OF
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- 1 – _____ it's late, I can stay a little longer.
- 2 – _____ being rich, they live very simply.
- 3 – _____ it rained hard, Peter went out.
- 4 – _____ his personality, everybody likes Mark.
- 5 – _____ my mother loves sweets, she doesn't eat too many.
- 6 – _____ being ill, he went to school.

2 – Rewrite the sentences using the words given:

- 1 – James promised to arrive on time, but he was late.

Although _____

In spite of _____

- 2 – I liked the pizza, but I didn't eat it because of my diet.

Despite _____

Although _____

- 3 – Although he has an English name, he is in fact German.

In spite of _____

Even though _____

- 3 – Complete the following **1st conditional sentences** with the right form of the verbs in brackets:

REMEMBER THE RULES: **IF + Present Simple + Future**

Future + IF + Present Simple

Examples:

If Peter **studies** (study) harder, he **will have** (have) a good mark.

Mary **won't go** (not go) to the party **if** she **doesn't do** (not do) her homework.

- 1 – If Catherine _____ (not catch) the train, she _____ (come) by taxi.
- 2 – You _____ (not catch) a cold **if** you _____ (put) on your coat.
- 3 – **If** I _____ (exercise) every day, I _____ (be) fit.
- 4 – **If** he _____ (love) you, he _____ (understand) your problem.
- 5 – I _____ (not do) well at school **if** I _____ (not concentrate).
- 6 – They _____ (get) wet **if** it _____ (rain).
- 7 – **If** Mary _____ (try) hard, she _____ (succeed).
- 8 – **If** you _____ (not tidy) your room, I _____ (not let) you go out.