

I – Complete the text about **eating disorders** and **physical/mental health** with these words:

bodies	habits	food	anorexia
problems	disorders	mental	eating



Physical and _____ health are very important for our overall happiness and well-being. When we take care of our _____ by eating well and staying active, we feel better physically. However, our thoughts and feelings also play a big role in how we feel. Good mental health helps us deal with stress and enjoy life.

Eating disorders, like _____ and bulimia, show how closely linked physical and mental health are. These _____ happen when someone has an unhealthy relationship with _____ and their body. They can cause serious _____ for both the body and the mind, leading to issues like low energy, anxiety, and sadness.

It's important to talk about _____ disorders and help those who struggle with them. We should promote healthy eating _____ and encourage people to express their feelings. By focusing on both physical and mental health, we can create a supportive environment where everyone feels good and can ask for help when they need it.

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

ALTHOUGH	DESPITE	EVEN THOUGH	IN SPITE OF
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- 1 – _____ my warnings, my father still smokes.
- 2 – _____ she didn't want to see The Lord of the Rings, she enjoyed it in the end.
- 3 – _____ being bad at pool, she beat him three times in a row
- 4 – They visited Madrid _____ they didn't have time to visit El Prado.
- 5 – _____ it was only the first time they met, they made friends immediately.
- 6 – _____ I exercise every day, I can't lose any weight.
- 7 – _____ doing exercise every day, he is still overweight.

2 – Rewrite the sentences using the words given:

- 1 – Robert is rich, but he is a very simple person.

Although _____

In spite of _____

- 2 – Although I was late, I didn't miss the bus.

Despite _____

3 – Even though I was hungry, I didn't eat the cake.

In spite of _____

Although _____

4 – Susan hates rock music, but she went to the concert.

Although _____

In spite of _____

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

1 – **If** my father _____ (**buy**) me the new iPhone, I _____ (**be**) very happy.

2 – We _____ (**go**) to the beach **if** you _____ (**visit**) us this weekend.

3 – **If** she _____ (**leave**) work at 4 pm, she _____ (**meet**) me at the café.

4 – **If** you _____ (**go**) to the disco, you _____ (**dance**) all night long.

5 – The children _____ (**not go**) to the park **if** it _____ (**rain**).

4 – Complete the following **2nd conditional sentences** with the right form of the verbs in brackets:

REMEMBER THE RULES:

IF + Past Simple + Conditional

Conditional + IF + Past Simple

1 – **If** I had time to go to the cinema, I _____ (**watch**) that amazing film.

2 – **If** Tim and Paul were older, they _____ (**play**) in our hockey team.

3 – Susan wouldn't be better at school **if** she _____ (**not study**) harder.

4 – We _____ (**not catch**) the bus **if** we didn't hurry.

5 – **If** it rained a lot, my mother _____ (**drive**) me to school.

5 – Complete the **first and second conditional sentences** with the right form of the verbs:

1 – **If** he _____ (**not have**) time tomorrow, we'll meet the day after.

2 – I would go to the cinema with you **if** I _____ (**feel**) better.

3 – They _____ (**not invite**) Sarah **if** they didn't like her.

4 – I _____ (**not call**) you **if** I don't need your help.

5 – She _____ (**spend**) a year in the USA **if** her parents had more money.

6 – **If** he doesn't set his alarm clock, he _____ (**be**) late for work.

7 – I _____ (**call**) Susan **if** she had her mobile phone with her.

8 – **If** you _____ (**help**) me to prepare for this job interview, I'll feel more secure.