

Task 1. Rewrite the words in **bold** using words from today's lesson



1 If people eat these foods in **big amounts** **large quantities**., it may be dangerous.

2 Certain foods are **thought** _____ by scientists **to have a positive effect on** _____ our bodies.

3 Foods with **a lot of fat in them** _____ May cause health problems.

4 Some foods may cause _____ health problems **that last long into the future**.



Task 2. Match the adjectives and nouns to make five collocations to fill the gaps in the sentences below.

adjectives	nouns
oily processed wholemeal mental fizzy	drinks bread fish health foods

- 1 Whole bread is usually considered to be healthy because it contains the complete grain, with nothing taken out.
- 2may taste good when you're very thirsty, but they often have a high sugar content.
- 3 Types of..... include salmon.
- 4often contain artificial colours to make them look more attractive.
- 5 Some foods can be good for our as well as our bodies.

Task 3. Correct the mistakes in these sentences. There may be more than one.

1 Blueberries can improve short-time memory. **term**

2 Many fruits are a good source of vitamin C and provide major health benefits.

3 Oily fishes should form part of a healthy diet.

4 Which do you prefer to eat as a snack if you're hungry, fruits or nuts?

5 A: There's a new Chinese restaurant in town.

B: Good! I love Chinese foods.

6 There has been a sharp raise in the number of people suffering from depression.

Task 4. Complete the two versions of each sentence. Use related word forms, as in the example.

1 Tobacco and alcohol **can cause a lot of harm** / **can be harmful** to our health.

2 Children **who are** _____ / **who suffer from** _____ need to exercise more.

3 Her job **is very** _____ / **causes her a lot of** _____ and is very tiring.

4 How can we **keep**..... / **maintain a good level of**? The answer is **to get regular** _____ / **to** _____ regularly.

