

Unit 6: Health
REVIEW

Name: _____

1 Complete the sentences with the words below.

calories carbohydrates dairy products
minerals preservatives pulses

- 1 People burn [] when they do exercise.
- 2 Nuts, eggs and [] are good sources of protein.
- 3 [] can be found in bread, rice, pasta and potatoes.
- 4 [] contain calcium, which makes teeth and bones stronger.
- 5 Processed food contains [] so that it doesn't go off.
- 6 Salt is one of the most common [] found in food, but there are many others.

Mark: [] / 6

2 Match the verbs in A with the words in B to make collocations. Then complete the sentences.

A be beat convert keep lift pedal play push
B an opponent a team sport competitive fit
food into energy on a bike weights yourself to the limit

- 1 If you want to that isn't football, why not try rugby?
- 2 My mum tries to by going running every morning.
- 3 The eight B vitamins help the body so that we are always ready for action.
- 4 When exercising, I think you should train as intensively as you can. It's only when you that you get results.
- 5 You should use the right technique to so as not to injure yourself.
- 6 I'm always over the moon when I at tennis, because I usually lose.
- 7 Playing sports at school encourages children to which helps them to have higher expectations and achieve better results.
- 8 In my opinion, you should cycle outdoors as much as possible. It's just not the same when you in the gym.

Mark: / 8

3 Complete the sentences with compound adjectives formed from the words in brackets.

- 1 The film was more than a little . It was completely unbelievable! (fetch)
- 2 I've just read a rather article. I'll send it to you, if you like. (provoke)
- 3 Max is still a bit because he's only just got up. (eye)
- 4 The size of the new stadium is . It's absolutely huge! (blow)
- 5 Once again, Usain Bolt has given another performance in the 100 metres. (break)
- 6 There are so many desserts on the menu. I don't know which one to choose! (water)

Mark: / 6

4 Match the words below with the definitions (1–6).

diet dish flavour leftovers portion slice

- 1 Food that remains at the end of a meal.
- 2 How food or drink tastes.
- 3 A thin piece of food that is cut off a larger portion.
- 4 Food served as part of a meal.
- 5 The food that you eat and drink regularly.
- 6 An amount of food that is given to one person.

Mark: / 6

5 Choose the correct answers (a–c).

1 The doctor says I've got a throat infection, so he's prescribing ____.

a antibiotics **b** antihistamines
c antiseptic creams

2 Why don't you take ____ if you've got heartburn?

a a painkiller **b** an antacid
c an anti-inflammatory

3 The best thing for itchy insect stings is ____.

a antibiotics **b** painkillers **c** antihistamines

4 My sprained ankle is rather swollen, so I'm taking ____.

a antacids **b** anti-inflammatories **c** antibiotics

5 Alex is taking ____ to stop his fractured leg from hurting so much.

a painkillers **b** antihistamines **c** antacids

Mark: / 5