

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

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**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

**6 Complete the sentences asking for clarification.**

- 1 Would you  saying that again?
- 2 Is that something  lasagne?
- 3 What do you  by 'far-reaching'?
- 4 I'm afraid I didn't quite  that.
- 5 Is that the same  wholegrain?
- 6 Sorry, do you think you could  that, please?

Mark:  / 6

**7 Rewrite the sentences in the passive. Do not include the agent.**

- 1 Someone has stolen my mountain bike.

- 2 They are building a new sports centre.

- 3 They'll postpone the race if it rains.

- 4 They had cancelled our flight.

- 5 They're going to close the swimming pool.

- 6 They cut the grass every week.

Mark:  / 6

8 Rewrite the sentences in two different ways using passive structures. Begin with the words given.

1 People think the new coach is a woman.

It \_\_\_\_\_.

The new coach \_\_\_\_\_.

2 We believe the manager resigned last night.

It \_\_\_\_\_.

The manager \_\_\_\_\_.

3 They say the rules are straightforward.

It \_\_\_\_\_.

The rules \_\_\_\_\_.

4 The press reports that some athletes have made a complaint.

It \_\_\_\_\_.

Some athletes \_\_\_\_\_.

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9 Complete the text with the correct form of the words in brackets.

### **Should I exercise when I'm sick?**

It's a question that occurs to many athletes faced with a major competition. You've worked your training programme up to the 1 [intense] required and then you suddenly wake up 2 [feel] ill. If it's a simple cold, it's fine to train for a short period at a much slower pace. However, if you're more 3 [congest] than that, even the most 4 [mind] athlete should not contemplate doing exercise. Training while sick can have 5 [reach] consequences and there's a logical explanation for this. During an 6 [infect], the body modifies its behaviour. Your body makes substances to fight the attack. Muscle protein, instead of fat, is 7 [break] down for energy. At this point, there's a greater risk of 8 [injure] if you try to continue your training regime. It may take a few weeks to recover your 9 [fit], but this is a small price to pay compared to suffering a serious injury.

Mark:  / 9

