14. We need to spend less time ..... computer games.

A. play B. to play C. playing D. to playing

15. Do more exercise ..... eat more fruit and vegetables.

A. but B. or C. and D. so

Exercise 13. Read the conservation and answer the questions.

Thang: What time do you usually come home from school?

Tony: I usually come home at 11.30.

Thang: When do you often have lunch?

Tony: I often have lunch at 12 o'clock.

Thang: What do you usually have for lunch?

Tony: I often have fish and eggs.

Thang: What do you do after dinner?

Tony: I sometimes go to the cinema, but I usually stay at home, watch TV and do my homework.

Thang: Do you often watch TV?

Tony: Yes, I do. I like watching sports very much.

Thang: When do you go to bed?

Tony: I always go to bed at 9.30. I never stay up late.

1. What time does Tony usually come home from school?

.....

2. When does he often have lunch?

.....

3. What does he usually have for lunch?

.....

4. What does he often do after dinner?

.....

5. What TV programme does he like watching?

.....

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Exercise 14. Choose the correct word A, B, or C for each gap to complete the following passage.

We need calories or (1) ..... to do the things every day. For example, when we walk to school or (2) ..... a bike to school we spend a certain amount of (3) ..... and even when we sleep, we also use them. But how many calorie should we (4) ..... a day to stay in shape? It's difficult (5) ..... us to calculate. If people want to keep (6) ....., they should remember that everyone should have between 1600 and 2500 calories a day.

We get calories (7) ..... the food we eat. If we get too much food and don't take part (8) ..... any activities, we can get fat quickly. So besides studying, we should do some (9) ....., play sports or do the housework, such as cleaning the floor, cooking, etc. Otherwise, we don't eat enough, we will be (10) ..... and weak.

1.	A. food	B. energy	C. drink
2.	A. ride	B. come	C. drive
3.	A. things	B. food	C. calories
4.	A. do	B. spend	C. have
5.	A. for	B. with	C. in
6.	A. health	B. fit	C. active
7.	A. in	B. of	C. from
8.	A. with	B. in	C. on
9.	A. exercises	B. activities	C. healthy
10.	A. good	B. tired	C. thirsty

Exercise 15 a. Reorder the words to have correct sentences.

1. you/ some/ clean/ yourself/ avoid/ diseases/ by/ can/ keeping/.

.....

2. Jim/ overweight/ so/ eats/ is/ fast food/ too much/ he/.

.....

3. too much/ bad/ television/ watching/ for/ health/ your/ is/?

.....

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4. the flu/ should/ you/ a cold,/ if/ have/ or/ you/ home/ stay/.

.....

5. Alex/ usually/ fishing,/ so/ loves/ goes/ in/ near/ he/ his house/ fishing/ the lake/.

.....

Exercise 15 b. Write the second sentence so that it has the same meaning to the first one.

1. It's a good idea to do exercise regularly.

→ You.....

2. Judy stayed home from school yesterday because she had a high fever.

→ Judy had a high fever,.....

3. She eats fruits and veggies every day, but she keeps gaining weight.

→ Although.....

4. Tom's gained 5 kilos since he quit smoking.

→ Tom's put.....

5. Jenny doesn't eat much in order not to be overweight.

→ Jenny doesn't eat much because.....

Exercise 16. Combine the sentences using an appropriate coordination conjunction *and, or, but, so*.

1. To stay healthy, you eat more vegetable. You eat less high–fat food.

.....

2. To prevent flu, we eat a lot of garlic. We keep our bodies especially feet warm.

.....

3. It began to rain. I opened my umbrella.

.....

4. You should eat less junk food. You will put on weight.

.....

5. He worked hard. He could earn much money.

.....

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