

1 VOCABULARY health and the body

a Order the letters to make words that complete the sentences.

- 1 A dentist looks after your (ttee) teeth.
- 2 Exercise helps to keep your (esslucm) _____ strong.
- 3 Doing exercise every day can cut the risk of a (earth) _____ attack.
- 4 Drinking a lot of alcohol is bad for your (viler) _____.
- 5 You can lose a lot of (dobol) _____ if you cut your hand badly.
- 6 If you have a skiing accident, you can easily break a (nobe) _____.

b Complete the sentences with a word from a. Use plurals where necessary.

FASCINATING FACTS

- 1 Most parts of your body can repair themselves, but your _____ can't.



- 2 Your _____ cleans your body of alcohol and caffeine.



- 3 The _____ in your legs are very strong.



- 4 You use 17 _____ in your face when you smile.



- 5 In an average lifetime, your _____ beats 2.5 billion times.



- 6 There are about 5 litres of _____ in an adult body.



2 GRAMMAR quantifiers, too, (not) enough

a Complete the sentences with *a few*, *a little*, *much*, *many*, or *a lot of*.

- 1 Max is quite overweight because he eats a lot of chocolate.
- 2 Excuse me! Can I ask you _____ questions about your diet?
- 3 How _____ pieces of fruit do you eat a day?
- 4 How _____ sugar do you have in your coffee?
- 5 Could I have _____ more tea, please?
- 6 I watch _____ TV – usually four or five hours a day.
- 7 _____ sunshine is good for you, but no more than 15 minutes a day.
- 8 I only drink _____ cups of coffee a day – maybe two or three.

b Match 1–6 to a–f to make sentences.

- 1 The problem with your diet is that you eat c.
- 2 You're probably having problems sleeping because you drink _____
- 3 If you want to lose weight, make sure you do _____
- 4 I don't like the gym because there are _____
- 5 I know I need to do more exercise, but when I finish work, I'm just _____
- 6 Jason's dad had a heart attack, but luckily they got to the hospital _____

- a too tired.
b early enough.
c too much sugar.
d too much coffee late at night.
e enough exercise.
f too many people and not enough machines.

c Rewrite the sentences with the words in brackets.

- 1 You need to do more exercise. (enough)
You don't do enough exercise.
- 2 You need to drink less beer. (too much)
You drink _____.
- 3 You go to bed too late. (early enough)
You don't _____.
- 4 Are you getting all the sleep that you need? (enough)
Are you getting _____?
- 5 You need to stop eating all those biscuits – they're bad for your teeth. (too many)
You eat _____.
- 6 I think my diet includes the right amount of fruit and vegetables. (enough)
I think I eat _____.

3 PRONUNCIATION /ʌ/

a Tick (✓) the word that has an /ʌ/ sound.



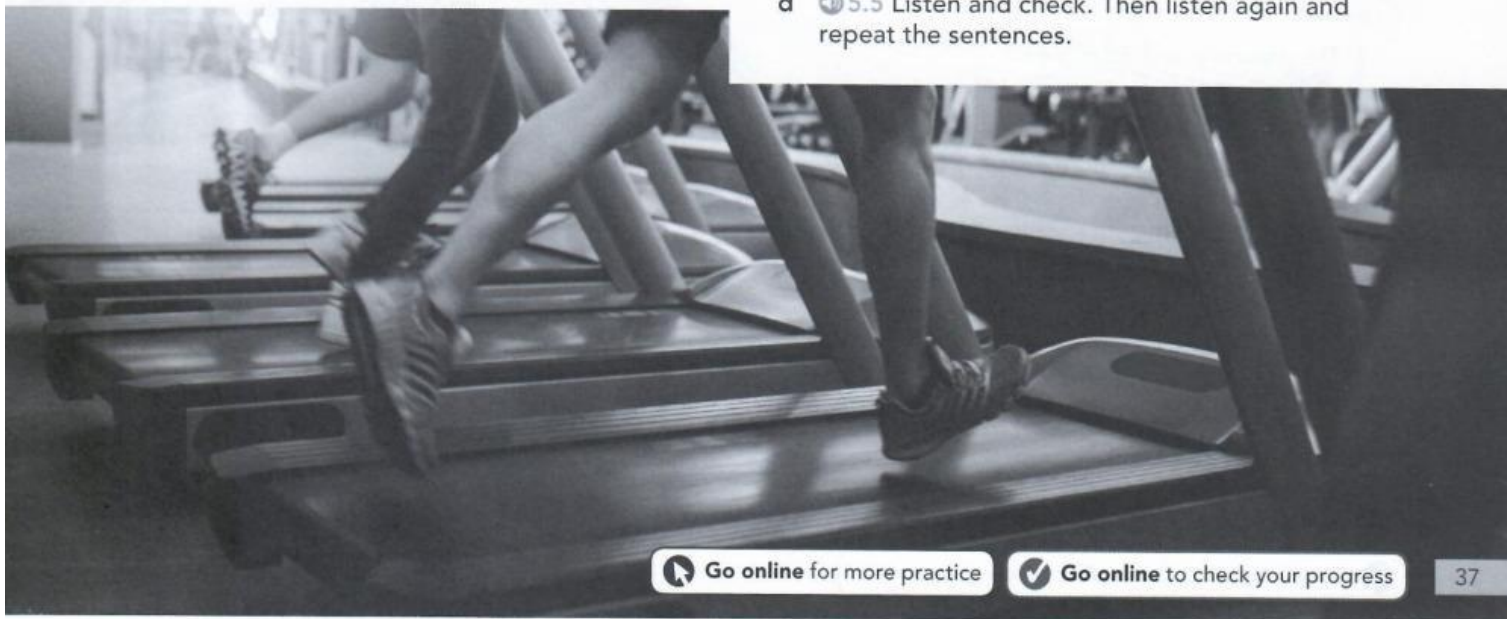
- | | | | |
|-----------|-------------------------------------|--------|--------------------------|
| 1 cut | ☒ | put | ☐ |
| 2 muscle | ☐ | cute | ☐ |
| 3 through | ☐ | enough | ☐ |
| 4 food | ☐ | blood | ☐ |
| 5 none | ☐ | bone | ☐ |

b 5.4 Listen and check. Then listen again and repeat the words.

c Circle the TWO **bold** letters in each sentence that have an /ʌ/ sound.

- 1 Did it hurt when you **cut** **your** **thumb**?
- 2 Being in hospital **wasn't** **much** fun.
- 3 I like to give **blood** every **few** months.
- 4 We all need to **get** **enough** sun.
- 5 I don't really **do** **much** **running**.

d 5.5 Listen and check. Then listen again and repeat the sentences.



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