

## It's bad for you!

### INSTRUCTIONS:

1. Answer the questions below.
2. Follow the given examples for each item.

### Expressing frequency

#### VOCABULARY 2.1

**1 a** Read the nutritional advice in the 'Healthy eating' leaflet. Choose the correct phrases in these sentences.

- 1 You can eat chips every so often /most of the time.
- 2 Try to eat some fruit once in a while/every day.
- 3 It's alright to snack on biscuits once in a while/most of the time.
- 4 Only eat crisps every now and again/more often than not.
- 5 Eating red meat most days/rarely isn't good for you.

**b** Read these comments. Are the people following the advice in the leaflet? Write Y (Yes) or N (No).

- 1  Y More often than not I'll choose fish or chicken rather than a burger.
- 2  I have chips for dinner most days.
- 3  I seldom remember to eat an apple or an orange.
- 4  I have a biscuit with my coffee every now and again.
- 5  Every so often, when I'm on the computer, I'll have a packet of crisps.
- 6  I only eat vegetables at weekends.
- 7  My favourite food is cheese sandwiches on white bread – I eat them for lunch once in a while.

## Healthy eating



#### ✓ GO AHEAD! (EVERY DAY)

- fruit, nuts
- wholemeal bread
- white meat (e.g. chicken, turkey)
- vegetables
- white/oily fish

#### ✗ BE CAREFUL! (ONCE A WEEK)

- crisps
- white bread, rice, pasta
- red meat
- fried or roast potatoes
- cakes, biscuits, chocolate

### Present and past habits, repeated actions and states GRAMMAR 2.1

**2** Choose the correct verb form. Sometimes both are possible.

When my father <sup>1</sup>reached/would reach 40, something strange <sup>2</sup>used to happen/happened to him. Before this, he <sup>3</sup>was always eating/always used to eat what he wanted, but now <sup>4</sup>he's never eating/he won't eat any fried food and <sup>5</sup>he's always worrying/he worried about how much sugar and salt there is in everything. This is the same man who <sup>6</sup>used to eat/would eat chocolate all day long! These days <sup>7</sup>he gets up/he'd get up early to go to the gym every morning before work. Before his 40<sup>th</sup> birthday, he <sup>8</sup>would even complain/was even complaining about having to walk to the car!

**3** Are the words/phrases in bold correct? Change the incorrect words/phrases and write the word 'CORRECT' to the correct phrases.

I used to live in a tiny village in southern Italy many years ago before I <sup>1</sup>used to go to university. At that time there <sup>2</sup>was very little tourism so there <sup>3</sup>didn't use to be many restaurants and there only <sup>4</sup>use to be one small hotel. Because the village was so small everyone <sup>5</sup>would know everyone else and so people <sup>6</sup>would always say hello to you in the shops or while you were walking down the streets. We <sup>7</sup>spent a lot of time sitting in cafés and bars, chatting to everyone in our bad Italian! It <sup>8</sup>would be very cheap to eat out so we ate delicious food all the time for next to nothing. We <sup>9</sup>used to make some fantastic friends and we still go back there from time to time to visit them.



1	went	4		7	
2	CORRECT	5		8	
3		6		9	

4 Tick (✓) the correct endings.

- 1 My aunt is always apologising for everything she does.
  - a I find it really annoying!
  - b She's very polite!
- 2 Fred used to like playing football
  - a but he prefers watching it these days.
  - b but he doesn't like watching it.
- 3 I went to Scotland for my holidays last year.
  - a It would rain every day.
  - b It rained every day.
- 4 I'll go out for a long walk when I'm feeling stressed.
  - a It helps me clear my head.
  - b It'd help me feel better.
- 5 My dad and I would watch *Match of the Day* together on television.
  - a It used to be on at 10 p.m. on Saturdays.
  - b I remember seeing it a couple of times.

(✓)

5 Rewrite the sentences using the word in brackets.

- 1 I drank up to five cups of strong coffee every morning before I gave up. (would)  
*I would drink up to five cups of strong coffee every morning before I gave up.*
- 2 My doctor frequently tells me to take more exercise. (always)  
\_\_\_\_\_
- 3 My wife always checks the labels before she buys food. (will)  
\_\_\_\_\_
- 4 When I was a student, I was a vegetarian. (used to)  
\_\_\_\_\_
- 5 I never worried about my food until I put on weight. (used to)  
\_\_\_\_\_
- 6 When my children were small I never gave them fast food. (would)  
\_\_\_\_\_