

VOCABULARY

HEALTH

1 Complete the texts with the words in the box.

running fresh caffeine junk worrying fizzy
vitamins alcohol relaxing exercise

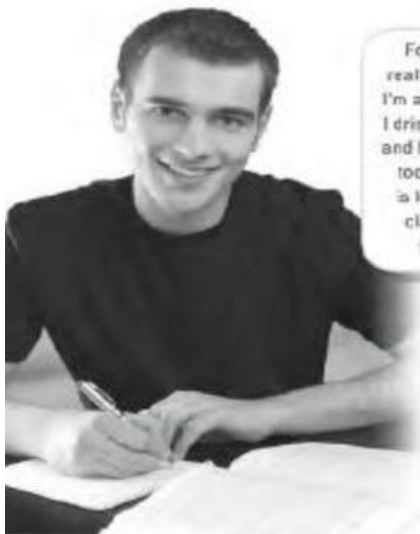


I have a healthy life, I think. I buy lots of ¹ fruit and vegetables and use these to cook with. I don't like to eat ² food like hamburgers or crisps and I never drink ³ – not even beer or wine.

I'm not as healthy as I would like to be. I work in the city and spend a lot of time ⁴ about my work. I don't eat very well because I don't have much time, but I make sure I get enough ⁵ from fruit and vegetables. I wish I could spend more time ⁶ at home with my family.

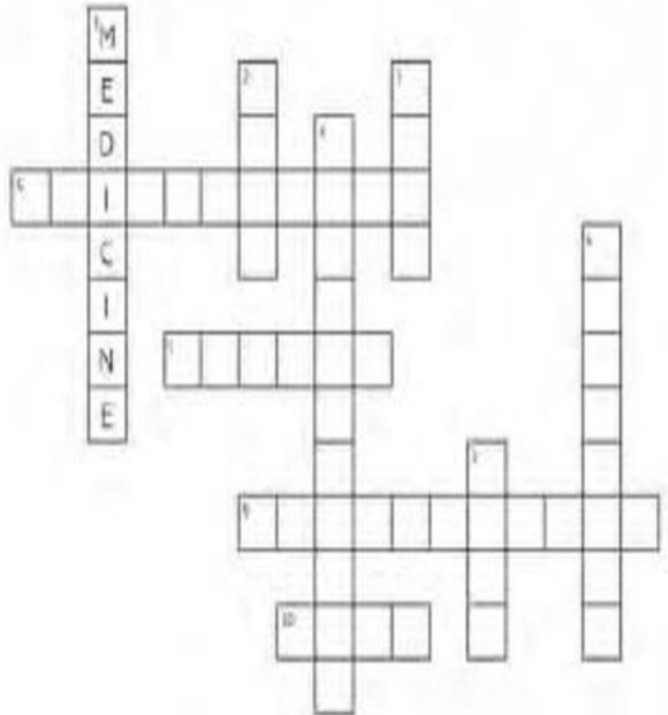


Food isn't very important to me, really. Sometimes I don't eat all day. I'm addicted to ⁷ though! I drink about ten cups of coffee a day and have lots of ⁸ drinks, too. What's really important to me is keeping fit. I go to ⁹ classes twice a week and at the weekend I go ¹⁰.



ILLNESS

1 Read the clues and complete the crossword.



Across

- 5 It's very painful. I'm taking _____.
7 She fell down the stairs and she's _____ her leg.
9 The doctor's given me some _____ to stop the infection.
10 My arm hurts. I think I need to go to the hospital for an _____.

Down

- 1 We've got some _____ for your cough.
2 I don't feel well. I think I've caught a _____.
3 I'm tired. I need to get some _____.
4 He feels hot. He's got a high _____.
6 My head hurts. I've got a _____.
8 I can't speak. I've got a _____ throat.

GRAMMAR

MAY, MIGHT, WILL

3 Circle the correct option to complete the sentences.

- 1 A: What are you doing this weekend?
B: I'm not sure. We _____ go to the seafood restaurant.
a) may b) will c) won't
- 2 A: Will that café on Wardour Street be open tomorrow?
B: I don't know. It _____ be.
a) will b) won't c) might
- 3 A: I've cooked little Johnny some vegetables for tonight's dinner.
B: Thanks, but he _____ eat them.
a) might b) will c) won't
- 4 A: Can I try your food?
B: Be careful. It _____ be too hot for you.
a) may b) won't c) may not
- 5 A: Do we need to buy any ingredients for this recipe?
B: Maybe. We _____ have enough garlic. Can you check?
a) won't b) might not c) will
- 6 A: You know Melissa's a vegetarian, don't you?
B: OK, I _____ cook meat.
a) won't b) will c) may
- 7 A: Are you going to that new bar before you leave town?
B: I don't know. I hope so, but we _____ have time.
a) won't b) will c) may not
- 8 A: What are your predictions for food in the future?
B: The good news is I think it _____ be more healthy.
a) won't b) will c) might not

4 Put the words in the correct order to make six predictions about food.

- 1 more / eat / know / people / what / about / will / they

People will know more about what they eat.

- 2 future / we / animals / the / eat / won't / in

- 3 eat / food / we / more / organic / may

- 4 might / illegal / junk / become / food

- 5 fatter / people / West / will / the / get / in

- 6 the / left / may / there / sea / not / be / in / fish / any