MINDSET WORKBOOK UNIT 8

Unit 8: Exercise 1

Match the sentence halves.

exercise class. sugar and salt. water. sleep. college or work. fruit and vegetables. gym.

1. Eat plenty of	
2. Drink plenty of	
3. Walk to	
4. Don't eat too much	
5. Get enough	
6. Join a	
7. Take an	

Unit 8: Exercise 2

Read the article giving advice on how to follow a healthy diet. Then complete the exercise.

A Introduction

The new year is the most popular time for many people to think about what they eat and to try to be healthier. However, it is not always easy to change what you eat and many people give up their healthy diet after just a few weeks. Only a small number of people manage to lose weight. Here is some advice to help you continue your diet, and to feel healthier and happier.

B Healthy snacks

Most of us get hungry in between meals, especially after a busy day at work or college. A lot of people will eat the first thing they can find and this is often something not so healthy, like a bar of chocolate or some biscuits. To avoid eating these unhealthy snacks, cut up some fresh fruit and vegetables and keep them in the fridge for when you are feeling hungry. Dried fruit and nuts are also healthy snacks and will hopefully stop you from eating chocolate or biscuits when you feel like eating something sweet. Many people enjoy drinking tea or coffee with sugar, even in the evenings before they go to bed. Try to drink herbal teas, which are healthier and which will help you to sleep better at night.

C Eating in restaurants

Many people think that if they are following a healthy diet, they shouldn't go out for dinner. However, it is possible to eat healthy food in a restaurant. When you get the menu, look for healthy dishes which come with a lot of vegetables. If you are not sure how

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healthy a dish is, you can always ask the waiter to help you to choose something. You should also try not to order dessert, or choose something healthy, like fruit. Finally, drink water with your meal. Fizzy drinks and juices contain a lot of sugar.

D Cooking at home

It is good to cook at home when you are following a healthy diet, because then you will know exactly what you are eating. Avoid buying ready-made meals, because they usually have a lot of salt and sugar. You can make your cooking healthier by using less sugar, oil and salt. Instead, use herbs and spices to give your dishes more flavour. When you cook meat or fish, try to grill or boil it rather than frying. Always include plenty of fresh, steamed or boiled green vegetables as part of your meal. You may find it useful to buy a cookery book of healthy recipes, or to look up healthy recipes online. Finally, remember it's better to avoid having a second serving. If you still have food left, save it for the next day!

Choose the paragraph for each piece of information below:

1. You should not have more than one serving.
2. People often want to eat something between breakfast and lunch, or between lunch and dinner.
3. Ask someone for advice about healthy dishes.
4. You can find information on the internet.
5. Many people find it difficult to continue a healthy diet.
6. A popular time for people to change their diet.
7. Choose water rather than other drinks.
8. You should change the type of tea that you drink.

Unit 8: Exercise 3

Read a leaflet from a sports centre about sports activities. Then complete the exercise.

Would you like to feel fitter, healthier and happier? Come to Mountain View Sports Centre. We have a variety of sports and fitness activities, new facilities and good prices. The Sports Centre is open from 7:00 a.m. until 10:00 p.m. from Monday to Friday, and 8:00 a.m. until 9:00 p.m. on Saturdays and Sundays.

You can exercise in one of our gyms, take a swimming class, do exercises classes and yoga in our new fitness rooms or join our tennis club. You can even book a session with a personal trainer. The centre has very new facilities, including two gyms, one swimming

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pool for children and one for adults, ten exercise rooms, five tennis courts and a café serving healthy snacks and fresh juices.

If you want to save money, you can buy a monthly pass, which costs £200 a month, or you can pay each time you use the facilities. The gym costs £4.00 for a session, the swimming pool £5.00, and exercise classes are £6.00. Lower prices are available for children and people over 60.

Complete the summary with one word or a number. Read the leaflet again to help you.

Mountain View Sports Centre

Opening hours

Monday to Friday: 7:00 a.m. until 10:00 p.m.

_____ and _____ : 8:00 a.m. until 9:00 p.m.

Facilities

_____ gyms

_____ swimming pool

Adult's swimming pool

_____ exercise rooms

Five _____ courts

Café

Prices

Monthly pass: £200 per month

Gym session: £ _____

Swimming pool: £5.00

_____ classes: £6.00

Unit 8: Exercise 4

Read Luke's email to his friend, Andrew. Then complete the exercise.

Dear Andrew,

Happy New Year! I hope that you enjoyed the party you told me about in your last email. Do you have any good plans for the new year? I have decided that I am going to be much

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healthier this year. Last year, I had a lot of exams, so I didn't do very much exercise, and I ate too much chocolate and too many biscuits. This year, I want to follow a healthy diet and to do more exercise.

I joined a gym last week. It's in a nice new sports centre, which has a swimming pool and different rooms with a variety of exercise classes. I tried yoga class last week and I really enjoyed it. I am going to go to a class once a week, and to the gym twice a week. I think that this will help me to get fit very quickly. I have also started to walk to college instead of taking the bus. When I go to the library, I go by bike because it is quite far. I feel much better and less tired if I walk or cycle.

I have started to cook more meals at home. I have found some good healthy recipes on the internet. Last night, I cooked baked fish with steamed vegetables. It was delicious, and I didn't feel hungry at all afterwards. I have also decided not to eat junk food like chocolate and crisps for one month. I take dried fruit and nuts to college with me as a snack, and I eat fruit or yoghurt in the afternoon instead of biscuits or cake. The next time I see you, I promise to cook you something healthy.

Look forward to hearing from you soon!

Best wishes,

Luke

Choose True or False. Read Luke's email again to help you.

1. Luke did not follow a healthy diet last year.
2. He wants to join a gym soon.
3. He tried an exercise class last week.
4. He wants to go to the gym once a week.
5. He walks to the library.
6. He doesn't eat biscuits or cake in the afternoons.

Unit 8: Exercise 5

Read an essay about young people's lifestyles. Then complete the exercise.

How healthy are young people's lifestyles today? What can they do to be healthier?

Today, many young people have busy lives at school and at home. Most teenagers today spend less time doing sports and activities outside, and eat more unhealthy food than they did in the past. Some people today are worried that young people do not have healthy

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lifestyles. In this essay, I will explain two problems with young people's lifestyles today and suggest some ways to improve their health.

The first problem with young people's lifestyles is that they spend a lot of time indoors. In the past, young people spent more time outside, doing activities such as riding bicycles and playing sports. Today, however, many young people have to do a lot more work at school and homework at home. Furthermore, young people now prefer to spend their free time watching television or sitting in front of their computer screens. This means that they get less exercise, and spend less time outside. I think this is a problem, because exercise is good for both the body and the mind. Young people will not only feel healthier if they do regular exercise, they will also feel happier and more relaxed. Therefore, I think that young people should have the chance to do a variety of different kinds of exercise at school and in their free time.

The second problem is that many young people eat less healthy food than they did in the past. Instead of eating healthy food cooked at home, many teenagers now prefer to eat fast food, such as burgers, kebabs and pizzas. Also, fizzy drinks with lots of sugar, such as cola, have become very popular and many young people have these drinks instead of drinking water. This is a problem because if people have bad eating habits when they are young, they are more likely to eat unhealthy food as adults. In my opinion, parents need to make sure that their children don't eat fast food or drink fizzy drinks with lots of sugar too often and also need to teach them how to cook healthy meals. They should also make sure their children eat plenty of fresh fruit and vegetables, and that they don't eat too much sugar and salt.

In conclusion, young people today do less exercise and eat less healthy food than their parents did in the past. This is a problem because if teenagers develop unhealthy habits when they are young, they will find it difficult to stop the bad habits when they are adults. I think that it is important for young people and their parents to make sure that they eat healthy food and do enough exercise.

Choose True, False or Not Given.

1. Most young people get more exercise today than they did in the past.
2. Young people don't go outside as much as they did in the past.
3. Young people now have to do more tests at school than they did in the past.
4. In the past, children ate more food cooked at home.
5. Cola is the most popular soft drink in the world.
6. It is easy for adults to give up unhealthy eating habits.
7. The writer thinks that children should learn how to cook healthy food.
8. The writer thinks adults should take their children shopping for healthy food.

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Unit 8: Exercise 6

Put the words in the correct order to complete the sentences.

Schools to be healthy their students need to teach

9. _____ _____ _____ _____ _____ _____ _____ .

Water should I drink think people more young

10. _____ _____ _____ _____ _____ _____ _____ _____ .

To cook it's to teach important people young

11. _____ _____ _____ _____ _____ _____ .

Bus walk taking school the students should instead of to

12. _____ _____ _____ _____ _____ _____ _____ _____ .

Should twice a students exercise in my opinion, week

13. _____ _____ _____ _____ _____ _____ _____.

Young spend people outside need to more time that many people think

14. _____ _____ _____ _____ _____ _____ _____ _____ .

Time for preparing tests a lot spend of these days, students

15. _____ _____ _____ _____ _____ _____ _____ _____ _____ .

For regularly to important it's young exercise people

16. _____ _____ _____ _____ _____ _____ _____ _____ .

Unit 8: Exercise 7

Match the sentence halves.

more exercise. drink so many fizzy drinks. need to keep fit. following a healthy diet. to music to relax. stop eating so many sweet things. to walk than drive. for a walk every day.

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1. They should	
2. Young people should do	
3. We shouldn't	
4. He shouldn't stop	
5. I think it's better	
6. You could listen	
7. In my opinion, we	
8. I try to go	

Unit 8: Exercise 8

Read a paragraph from an essay. Choose the correct answers to complete the sentences.

Many young people eat less healthy food than they did in the past. Firstly/However, a lot of teenagers now prefer to eat fast food, instead of/such as burgers, kebabs and pizzas. For example/secondly, fizzy drinks, like cola have become very popular and many young people are having these drinks instesd of/such as water. Also/However, some parents are trying to change the bad habits of their children. For example/In my opinion they are trying to stop their children from eating fast food or drinking fizzy drinks too often. Also/Finally, some parents are teaching their children how to cook healthy meals. Also/In my opinion, changing children's eating habits is not easy, but it is important for their future health.

Unit 8: Exercise 9

Put the sentences in the correct order to complete the paragraph.

Firstly, if you have to make a short journey by bus or car every day, you could try walking or cycling instead.
For example, if you play a game of volleyball once a week or go for a run together, you will improve your health and make new friends.
For example, you could walk up the stairs instead of taking the lift and make sure that you go for a walk during your breaks.
Secondly, you can be more active while you are at work or college.

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However, there are many ways that we can keep fit for free and without taking time out of our busy days.

This may take a little bit longer, but you will feel healthier and you will have more energy if you do this every day.

Many people today say that they don't have time to exercise, because they are too busy with work, college or school.

Finally, you could try a new sport with your colleagues or classmates.

1.	
2.	
3.	
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8.	

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