

Vocabulary

Word formation

1 Complete each sentence with the correct form of the word in brackets.

- 1 Healthy eating is a matter of education so that people know what to eat. (educate)
- 2 Yesterday she him for being too lazy to keep fit. (critic)
- 3 Even if exercise is, it's better than no exercise. (regular)
- 4 Going for a run on a day is a nice way to spend your time. (sun)
- 5 exercise is essential for everyone. (day)
- 6 Sometimes children don't want to eat healthy food because of its (appear)
- 7 There is a connection between being healthy and having a high level of (happy).
- 8 People who are can have health problems that fitter people don't have. (active)

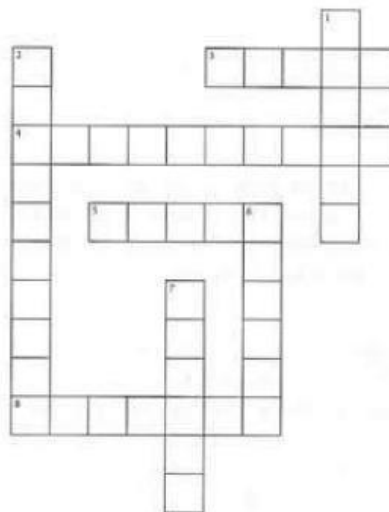
2 Complete the second sentence so that it has a similar meaning to the first. Use the correct form of the underlined word in the first sentence.

- 1 a The manufacturers claim that the additives don't do children any harm.
b The manufacturers claim that the additives are harmless to children.
- 2 a There has been a dramatic rise in the number of obese people in this country.
b The number of obese people in this country has risen
- 3 a Food producers should make the information on their products simpler.
b Food producers should the information on their products.
- 4 a There were a lot of people running in the park.
b There were a lot of in the park.
- 5 a I was surprised that I got fit so quickly.
b It was to me that I got fit so quickly.

- 6 a There were some figures that people didn't expect in the report on the nation's health.
b There were some figures in the report on the nation's health.

Key vocabulary

3 Complete the sentences below, then use the words to complete this crossword.



Across

- 3 Farmers who grow organic vegetables have to using pesticides.
- 4 Farming are the ways farming is done.
- 5 A food is a small structure where you can buy food, for example in a market or in a street.
- 8 If food is grown or produced, it comes from the area nearby.

Down

- 1 If something is to happen, it will probably happen.
- 2 If something is, it is not natural.
- 6 goods are high-quality, expensive goods.
- 7 Crop are the amount of crops produced in a particular place.

It's good for you! (15)

Writing Task 2

1 Read the following Writing task.

Write about the following topic:

Some people say that in the modern world it is very difficult for people to have a healthy lifestyle. Others, however, say that it is easy for people to be healthy and fit if they want to be.

Discuss both these views and give your own opinion.

Give reasons for your answer and include any relevant examples from your knowledge or experience.

Below are three essay plans that candidates made for this question. Which one is the best essay plan for this question? Why is it the best one and why are the others not as good?

A

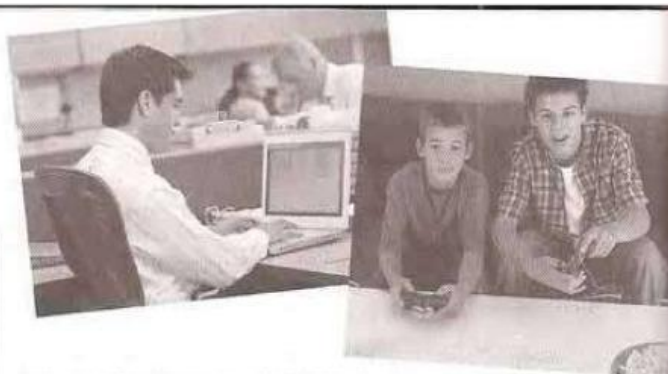
- Paragraph 1: introduce the issue: healthy/unhealthy lifestyles
- Paragraph 2: why some people have unhealthy lifestyles
- Paragraph 3: more reasons for unhealthy and unfit people
- Paragraph 4: what people can do to be healthy and fit
- Paragraph 5: conclusion: it's easy to be healthy and fit

B

- Paragraph 1: introduction: why it's easy to have a healthy lifestyle
- Paragraph 2: what I do to stay fit and healthy
- Paragraph 3: some advice on healthy eating
- Paragraph 4: conclusion: anyone can be fit and healthy if they want to be

C

- Paragraph 1: introduce the subject: problem of unhealthy lifestyles
- Paragraph 2: reasons why some people have unhealthy lifestyles
- Paragraph 3: examples of unhealthy food and eating
- Paragraph 4: why some people aren't fit
- Paragraph 5: the results for people of having unhealthy lifestyles
- Paragraph 6: conclusion: it's a big problem



2 Complete the phrases below, that could be used in the Writing task, with the verbs in the box.

cut	make	lose	take	have	stay
work	go	lead	do		

- 1 have health problems
- 2 a healthy life
- 3 fit
- 4 you good
- 5 out in a gym
- 6 action
- 7 down on unhealthy foods
- 8 an effort
- 9 on a diet
- 10 try to weight

3 To write a good answer, you need to use linking words and phrases. Complete the sentences below with the words and phrases in the box.

in fact	also	as a result	over-time
another	in particular	on the other hand	

- 1 If you exercise regularly, over-time you will find that your general health improves.
- 2 People use their cars instead of walking., they get very little exercise.
- 3 It is easy to buy healthy food in shops nowadays., some of it is quite expensive.
- 4 Lack of exercise is one problem for some people. is the amount of junk food they eat.
- 5 There are gyms where people can get fit and there are ways of getting fit at home.
- 6 Some people think it's difficult to get fit., it can be very easy.
- 7 Many people, office workers, have jobs that involve sitting in the same place all day.

4 Now write your answer for the Writing task above.

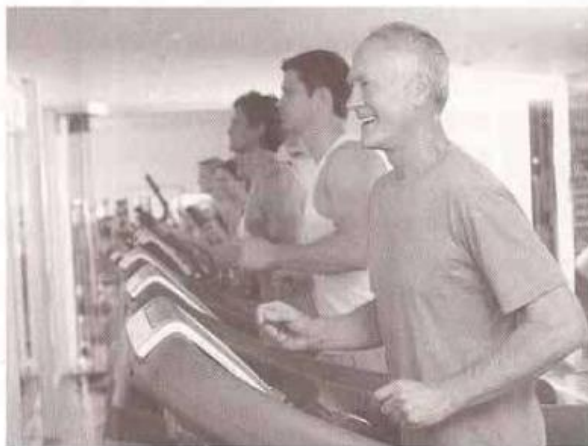
Grammar

Countable and uncountable nouns

- 1 Complete the sentences below with the plural or uncountable form of the words in the box.

group	research	job	way
knowledge	work	programme	
equipment	information	suggestion	

- More and more people nowadays are following fitness programmes.
- It is easy to find on how to stay fit and healthy.
- People with sedentary spend all day sitting down.
- According to, the percentage of overweight people is growing.
- This booklet contains many useful on how to keep fit.
- Some people prefer to exercise in and so they join fitness classes.
- At our gym, we have all the latest fitness for people to use.
- Scientists are always increasing their of how the body works.
- This book suggests a number of to help you lose weight.
- My sister is looking for at a health centre as a receptionist.



- 2 Circle the correct option in each of these sentences.

- She does plenty of / much exercise and she's very fit.
- There's a large / great deal of pollution in this city at this time of year.
- It took me a lot of / many time to get fit again after my injury.
- There is plenty / a wide range of fitness courses that you can do.
- Bad diets cause a large amount / number of health problems.
- Few / Little people these days think that fitness is unimportant.
- A small amount / number of junk food isn't bad for you.
- It doesn't take much / many effort to stay fit if you want to do it.
- My grandfather is very lucky. He has few / a few problems with his health.
- Even a few / a little exercise would be good for you.

- 3 Correct the underlined nouns if necessary. Put a tick (✓) above the noun if it is correct.

- People don't get much ^{information} informations on what is really in certain food products.
- You don't need a large amount of equipments to do varied exercise routes.
- People are given a lot of advices about how to have healthy lifestyles.
- Junk food does a lot of damages to people's healths.
- A nutritionist can give people good advice on their eating habits.
- Using the latest softwares, experts analyse sportsmen when they are training.
- People who do office work need to find way of keeping fit.
- People sometimes need help to solve problem with their weight.

It's good for you! (17)