

Column A **1** sparkling 2 bitter 3 well-balanced 4 iron-rich 5 regular



Column B

A meals

B exercises

C water

D chocolate

E foods



- **6** Why do you always about everything? Don't you like the food here?.
- **7** Fruit and vegetables us from all kinds of illnesses.
- **8** I am usually in a very good mood but sometimes I down in the dumps too.
- **9** He can't his emotions under control; he gets angry very easily.
- 10 Make sure you eat a lot of oranges and kiwis; it's the only way to off
- infections.

Choose the correct answer.

11 I'm making a fruit salad with apple, peach and

A cabbage

A rumbling

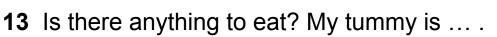


C peas

C spices

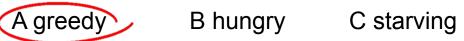
12 The soup is very tasty. What ... did you use?

A additives B seeds (



B moving C starving

14 Faye is so ...; she sometimes eats a whole packet of biscuits without offering a single one to anyone else!

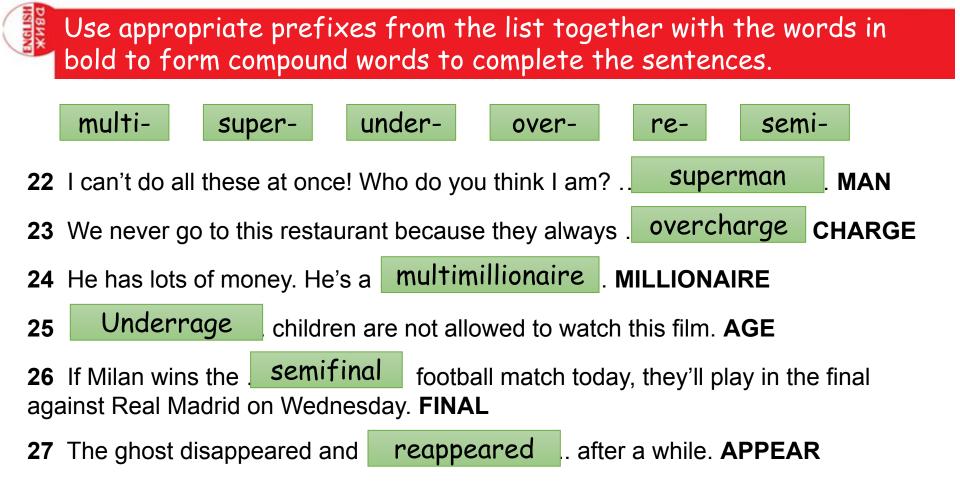


15 My favourite vegetables are broccoli, cabbage and

A plums



- 16 I've had this pain/ache in my back since yesterday. What could it be?
- 17 I find that natural lemonade is extremely bitter sour.
- 18 He was taken to hospital where a nurse cured treated bis wounds.
- **19** You can get this medicine only with a doctor's **prescription/recipe**.
- 20 What's this bad smell? It must be **rotten/sour** potatoes.
- 21 I don't like Tony at all; I think his smiles are always artificial fake.



Complete the sentences with the correct form of the verb in brackets.

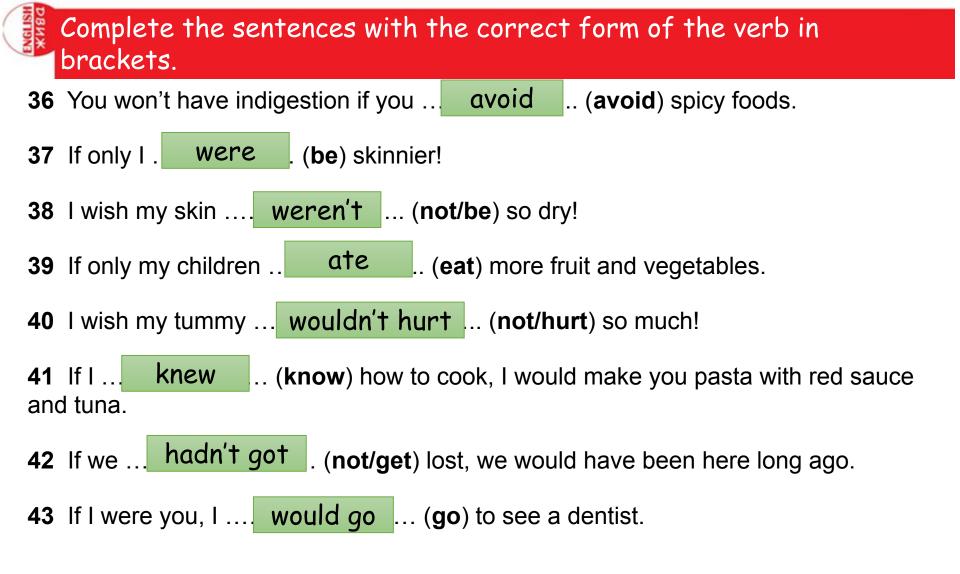
28 If I ... **didn't have** .. (**not/have**) to work tonight, I would come with you to the restaurant.

29 If only I . hadn't caused (not/cause) damage to his car! He wouldn't be upset with me now.

30 I wish he .. would stop ... (stop) watching TV! He's been sitting there for four hours.

- **31** Until you tell me what is wrong with you, I. won't leave . (not/leave).
- 32 If he . doesn't study . (not/study) harder, he won't pass his French exam.
- **33** If I ... were . (be) you, I wouldn't eat that.
- **34** I. would have enjoyed (enjoy) the play if the lady behind me hadn't been talking all the time.

35 If you hadn't eaten cheese and fish for dinner, you wouldn't have got (not/get) red spots all over your body.



Choose the correct answer A, B or C. **44** You must give ... this crash diet; it's not good for you. Aup B out C away **45** Georgia suffers ... stomach problems; she can't have any dairy products. C from A with B of **46** He's always very nervous about everything; he can't cope ... stress at all. B with Ain C by **47** The doctor advised me ... fatty foods. B against A off C away **48** What are you cooking in there? It's giving ... a nasty smell! A off B out C up

Complete the second sentence so that it means the same as the first. Use the word in bold. Use two to five words.

49 He talked on the phone for hours that's why he burnt the food.

He ... wouldn't have burnt . the food if he hadn't talked on the phone for hours.

50 I think you should apologise to him.

not

wish

were If I were you, I would ... apologise to him.

51 I won't go to the concert if you don't come too.

unless I won't go to the concert . unless you come . too.

52 If he had been more careful, he wouldn't have had an accident.

careless If he hadn't been so careless he wouldn't have had an accident.

53 I don't have enough money that's why I can't go on this ship.

If .. wish I had enough money .. to go on this trip.



- 54 A: Don't you think you ought to cut down on sugar?
 - B: a Now you've got the idea!

b Maybe you're right:

55 A: It might be a good idea to avoid spicy foods.

B: a I've already tried that and it didn't work.

b Actually, I have.

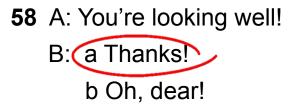
56 A: I'm not feeling well.

B: a Oh dear! I hope you feel better soon.

b Much better, thanks.

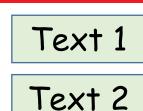
- **57** A: If I were you, I'd eat foods rich in vitamin C.
 - B: a Yes, really!

b That's not a bad idea



There is one Sometimes vegetables and fruit can seem expensive. But, compared to packaged foods like crisps, they are relatively cheap. If you are worried about the cost, choose those that are in season. That way you will get a chance to try new things 63 So how can we find ways to include more fruit and vegetables in our diet? It is a good idea to add fruit to your breakfast cereal in the mornings. Or you can try drinking fruit juice 64 Increasing the amount of fruit and vegetables you eat by as little as one serving a day can make a big difference. digestive system in good shape. Fruit and vegetables may be any colour, shape, texture or variety. They can be frozen, fresh, tinned or dried. There are also

many ways to prepare them, 62 It is important to include a variety of different colours of fruit and vegetables in your diet.



lves



