

Match the words/phrases in Column A with the words/phrases in column B.

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

Fill in the correct word.

keep

fight

protect

feel

complain

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

B grapes

C peas

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

A additives

B seeds

C spices

13 Is there anything to eat? My tummy is

A rumbling

B moving

C starving

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

A greedy

B hungry

C starving

15 My favourite vegetables are broccoli, cabbage and

A plums

B carrots

C pears

Choose the correct word.

- 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** his 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**.

Use appropriate prefixes from the list together with the words in bold to form compound words to complete the sentences.

multi-

super-

under-

over-

re-

semi-

22 I can't do all these at once! Who do you think I am? .. **superman** . **MAN**

23 We never go to this restaurant because they always .. **overcharge** **CHARGE**

24 He has lots of money. He's a **multimillionaire** . **MILLIONAIRE**

25 **Underrage** children are not allowed to watch this film. **AGE**

26 If Milan wins the **semifinal** football match today, they'll play in the final against Real Madrid on Wednesday. **FINAL**

27 The ghost disappeared and **reappeared** .. after a while. **APPEAR**

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.

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

36 You won't have indigestion if you ... **avoid** .. (**avoid**) spicy foods.

37 If only I . **were** . (**be**) skinnier!

38 I wish my skin **weren't** ... (**not/be**) so dry!

39 If only my children .. **ate** .. (**eat**) more fruit and vegetables.

40 I wish my tummy ... **wouldn't hurt** ... (**not/hurt**) so much!

41 If I ... **knew** .. (**know**) how to cook, I would make you pasta with red sauce and tuna.

42 If we ... **hadn't got** . (**not/get**) lost, we would have been here long ago.

43 If I were you, I **would go** ... (**go**) to see a dentist.

Choose the correct answer A, B or C.

44 You must give ... this crash diet; it's not good for you.

A up

B out

C away

45 Georgia suffers ... stomach problems; she can't have any dairy products.

A with

B of

C from

46 He's always very nervous about everything; he can't cope ... stress at all.

A in

B with

C by

47 The doctor advised me ... fatty foods.

A off

B against

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.

not

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.

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.

wish

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

Choose the correct response.

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

58 A: You're looking well!

B: a Thanks!

b Oh, dear!

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.

Text 1

Text 2

lives

64

G

D	F	A	C	B	G
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Answer questions,
not stated.



True

Not stated

Text 1

Text 2

Text 3

False

Not stated

False

Jackie: If you want to cook it, I'll join you!

Julia: Or maybe we should just have what we normally have – cereal and toast!

Jackie: That way we won't have so many dishes to wash up afterwards!

Julia: OK. Let's go for the healthy option. We can always have a traditional fried breakfast when we go home at Christmas!

Jackie: Something to look forward to ...

Jackie: Now that the weather is getting better, you should go running in the park.

Julia: Want to come with me?

Jackie: If it makes you feel better, alright. Let's go tomorrow morning.

Julia: At what time?

Jackie: Six thirty, and then we will have plenty of time to get ready for the day and have breakfast.

Julia: Breakfast's the best meal of the day! Lots of lovely bacon and eggs, sausages, tomatoes and mushrooms!