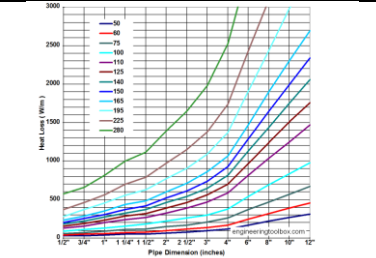
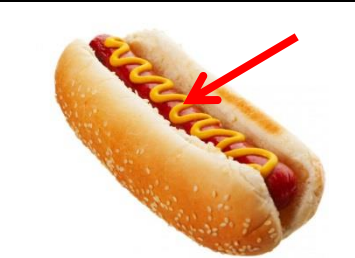
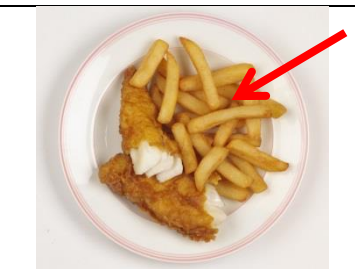


1 Knowledge

Name these items:



Write down a synonym of these expressions:

French fries (Am. E.)	directions, orders
workout, bodybuilding	self-service restaurant
sweets, toffee	nobody
nap, siesta, doze	noodles
grade, score	sneakers, running shoes
need, necessitate	well done!

Write down the opposite of these words:

insecurity, uncertainty	poor
everyone	most

2 Comprehension

Fill in the missing words:

Health check

- 1 Bad weather makes me _____.
- 2 Can you help me to _____ this form, please?
- 3 _____ on passing your driving test!
- 4 Did you understand the _____ of what she said?
- 5 Do you enjoy going to the _____?
- 6 Do you think the _____ is true or false?
- 7 Fish and _____ is a typically British meal.
- 8 For that job you need good computer _____.
- 9 I didn't get a good _____ for the last piece of homework.
- 10 I feel terrible if I don't get enough _____.
- 11 I got a good mark _____ the test was quite difficult.
- 12 I like healthy food, for example fruit and _____.
- 13 I like lots of team sports, but I like basketball the _____.
- 14 I want to take a photo of you, so _____, please!
- 15 If you don't show any _____, people don't know how you're feeling.
- 16 If you _____ someone _____ you will make them very happy!
- 17 It's dark outside because it's getting _____.
- 18 _____ isn't good for you and can be expensive.
- 19 More and more people are suffering from _____ nowadays.
- 20 My biggest _____ is of spiders.
- 21 My sister doesn't have much _____.
- 22 On Sundays I _____ until 11 a.m.
- 23 The actress has a beautiful _____.
- 24 The tallest _____ on the chart shows what most people chose.
- 25 There is a nice children's playground in the _____ park.
- 26 To live longer you need to take care of your _____.

If you have difficulties in finding the words, use your workbook (ps. 105 to 126).

But cover the sentences ;-)

Healthy eating

- 1 A flower grows from a _____.
- 2 Apple pie with _____ is a delicious dessert.
- 3 Have you got _____ money with you?
- 4 I have put on 10 kilos! I really must go on a _____.
- 5 I really need _____ new clothes.
- 6 I take one _____ of sugar in my coffee.
- 7 I want to go out _____ I've finished my homework.
- 8 If a seed gets enough water, it will begin to _____.
- 9 It is easier to _____ butter when it's not too cold.
- 10 It's a good idea to take more _____ C in winter.
- 11 It's bad manners to call someone on the telephone _____ a meal.
- 12 Many French people buy a fresh _____ every day.
- 13 My grandmother's _____ is very different to mine.
- 14 Oranges **contain** lots of vitamin C.
- 15 _____ is one of my favourite foods.
- 16 _____ potatoes is a very boring job.
- 17 Please add salt and _____ if you wish.
- 18 Put your coat on when you go out or you will _____!
- 19 There is one _____ we still need to buy before making the cake.
- 20 _____ bread is better for you than white bread.
- 21 You make pancakes in a _____.
- 22 You need a _____ of honey to make the biscuits taste sweeter.
- 23 You should put sun-cream on in summer to protect your _____ from the sun.

Why do people love fast food?

- 1 Eating in the _____ is a good way to see friends at lunchtime.
- 2 Good _____ is important if you want to stay healthy.
- 3 I have been a _____ since I was 8 years old.
- 4 I _____ quite _____ sailing.
- 5 _____ is too short to be angry with someone for long.
- 6 Thank you for the meal. It was very _____.
- 7 Would you like a _____ of watermelon?

Sports for everyone!

- 1 Are you getting enough _____ at the moment?
- 2 _____ is the American English word for sweets.
- 3 _____ is a good food to eat if you want to lose weight.
- 4 _____ is a tasty white fish the British often eat with chips.
- 5 _____ is good in salads.

- 6 Have you got your test _____ yet?
- 7 Just add a _____ of salt to the sauce, not too much!
- 8 Let's keep the old bread to feed the _____.
- 9 Lots of children don't like _____.
- 10 Make sure you follow the _____ carefully.
- 11 Many British children eat _____ for breakfast.
- 12 _____ is a refreshing fruit for the summer.
- 13 _____ has quite a hot taste.
- 14 My grandparents grow _____ in their garden.
- 15 _____ has many uses in cooking.
- 16 Shall I add some _____ to the salad?
- 17 Some people are allergic to _____.
- 18 That was the most exciting _____ I've ever seen!
- 19 The _____ owner didn't look after the dog well.
- 20 Toothpaste comes in a _____.
- 21 What _____ do you do at school?
- 22 Wine is made from _____.
- 23 You can add _____ to tea to make it sweeter.

Favourite sports

- 1 A _____ is practical for sports lessons.
- 2 Cricket _____ are made of wood.
- 3 Dogs love running after _____.
- 4 For my birthday I would like a new tennis _____.
- 5 For the symbol '%' you say ' _____ ' in English.
- 6 _____ doesn't often win medals in the Winter Olympics.
- 7 Hockey is quite a _____ sport in British schools.
- 8 _____ is a popular hobby in Britain.
- 9 I dropped all my books at school yesterday and _____ helped me.
- 10 I hope _____ can come to the party.
- 11 I only have a _____ minutes to talk, then I've got to go.
- 12 If you work hard and get a good job, you might be _____ one day.
- 13 _____ of my friends go to the same school as me.
- 14 My father wants to keep fit so he has joined a _____.
- 15 My _____ will be up soon, so I need to pay for the next year.
- 16 My pair of _____ is really old now – I need new ones.
- 17 _____ in our class plays tennis.
- 18 The _____ shows that volleyball is the most popular sport in the class.
- 19 Visitors are _____ to buy a ticket in advance.

Which word is meant by these definitions?

- 1 a thick yellowish-white liquid taken from the top of milk _____
- 2 a vegetable with a hard round white central part surrounded by green leaves _____
- 3 the condition of your body, especially whether or not you are ill _____
- 4 a long narrow plastic or metal container with a lid at one end that you squeeze in order to push out the soft substance inside _____
- 5 to go into a natural state in which you are unconscious for a time and your body rests, especially for several hours at night _____
- 6 a yellow substance with a hot taste made from the seeds of a plant. It is eaten, especially with meat, in small amounts. _____
- 7 a drawing that explains something _____
- 8 a black or white powder that adds strong flavour to food _____
- 9 a pale green vegetable with a group of long stems that are eaten raw or cooked _____
- 10 sweets or confectionery _____
- 11 a long thin loaf of bread made in the French style, soft inside and hard outside _____
- 12 a small hard part produced by a plant that can grow into a new plant of the same type _____
- 13 physical activity done in order to stay healthy and make your body stronger _____
- 14 a limited amount of food that someone eats because they are trying to become thinner _____
- 15 a large round fruit that has a hard green or yellow skin and soft orange, green, or white flesh inside _____
- 16 used for referring to a smaller amount than any other amount, or the smallest amount possible _____
- 17 a sweet, sticky yellow or brown food made by bees _____
- 18 an expression on your face in which you raise the corners of your mouth because you are happy, pleased, or being friendly, or because you think something is funny _____
- 19 the outer layer of a person's or animal's body _____
- 20 a room in a factory, school, or hospital where cheap meals are served _____
- 21 to remove the skin from a fruit or vegetable _____
- 22 a hard round vegetable with green or purple leaves that can be eaten raw in salads or cooked _____
- 23 **wholegrain** food contains all the wheat grain, including the outer part _____
- 24 a food made from grain, for example wheat, oats, or corn, mainly eaten with milk for breakfast _____
- 25 the feeling that you have when you are frightened _____
- 26 the fact of being important, or the degree to which something or someone is important _____
- 27 someone who chooses not to eat meat or fish _____

- 28 a flat metal pan with a long handle, used for cooking food in hot oil or fat _____
- 29 an object used for hitting the ball in games such as tennis, with a long handle and a round part with strings _____
- 30 a small green or purple fruit that grows in bunches on a vine, often used for making wine _____
- 31 food that is not healthy because it contains a lot of fat, salt, and sugar _____
- 32 the ability to do something well, usually as a result of experience and training _____
- 33 a small spoon used for eating, for adding sugar to tea or coffee, or when cooking, for adding small amounts of a liquid or powder _____
- 34 a long wooden object used for hitting the ball in games such as baseball and cricket _____
- 35 loose trousers and a loose top that you wear especially before or after exercising _____
- 36 to cover a surface with a thin layer of a soft food _____
- 37 _____ food has a nice flavour _____
- 38 a large structure filled with water for people to swim in _____
- 39 a fish that lives in the North Atlantic Ocean _____
- 40 a worried or nervous feeling that stops you relaxing, caused, for example, by pressure at work or financial or personal problems _____
- 41 to raise the corners of your mouth when you are happy, pleased, or being friendly, or when you think something is funny _____
- 42 an Italian food made from flour and water, and sometimes eggs. There are many different forms, for example spaghetti, ravioli, and lasagne. _____
- 43 a type of nut that grows under the ground inside a thin shell and that can be eaten _____
- 44 the feeling that you can do things well and that people respect you _____
- 45 a feeling that you experience, for example love, fear, or anger _____
- 46 long thin vegetable that has a dark green skin and is white inside. It is usually eaten raw in salads. _____
- 47 available for people in general to use _____
- 48 a flat piece of food that has been cut from something larger _____
- 49 at a later time _____
- 50 one part of 100, or a particular amount of a total that you have divided by 100 _____
- 51 natural substances found in food that are necessary to keep your body healthy _____
- 52 if you are _____, you arrive somewhere after the correct or usual time _____
- 53 one of the foods or liquids that you use in making a particular meal _____
- 54 a water bird with short legs, webbed feet (=with skin between the toes), and a large flat beak _____
- 55 to add information such as your name or address in the empty spaces on an official document _____

- 56 the activity of riding a horse, for enjoyment, exercise, or in competitions _____
- 57 a score in the form of a number, percentage, or letter that a teacher gives a student's work. The American word is grade _____
- 58 a thin piece of wood that has been broken or cut from a tree _____
- 59 a part of a plant used as food, for example a potato, bean, or cabbage _____
- 60 the period of time from someone's birth until their death _____
- 61 the fact of being a member of a club, organization, or group _____
- 62 long thin piece of potato cooked in hot oil _____
- 63 owning a lot of money, property, or valuable possessions _____
- 64 strong, comfortable shoes which are designed for doing sports in, but which many people wear as informal clothing _____
- 65 to continue sleeping after the time that you usually wake up _____

(Macmillan, 2009–2013)

3 Application of the vocabulary

Pass your sheet to your partner. He/she will write down 6 words you'll have to explain in an English sentence:

	words suggested by your partner	your sentence:
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____

Complete these sentences, so that it's clear that you understand the word:

- 1 My biggest fear is of _____
- 2 Please fill in _____
- 3 Junk food _____
- 4 I always sleep in _____
- 5 A baguette is _____
- 6 I caught a cold _____
- 7 I should go on a diet, _____
- 8 You should peel _____
- 9 I'm quite fond of _____
- 10 In the canteen _____
- 11 Would you like a slice _____?
- 12 A vegetarian _____
- 13 Ducks are _____
- 14 Mustard _____
- 15 You need a racket _____
- 16 You use trainers _____

1 Knowledge

Name these items:



peel



cauliflower



junk food



vegetable(s)



sprout



duck



pasta



lettuce



frying pan



pepper



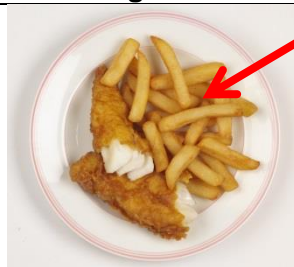
baguette



cod



slice



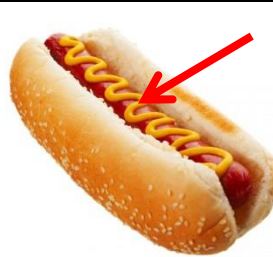
chips



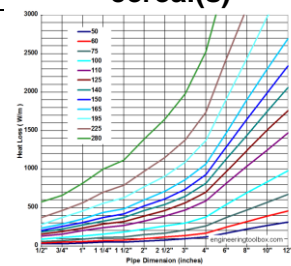
cereal(s)



cabbage



mustard



diagram



stick



tablespoon



teaspoon



downhill ski race



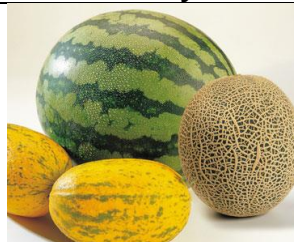
celery



wholegrain bread



peanut(s)



melon



honey



bat



cream



skin



swimming pool



pinch



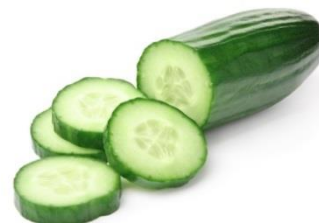
seed(s)



oil



horse-riding



cucumber



Great Britain



spread



racket

Write down a synonym of these expressions:

French fries (Am. E.)	chips	directions, orders	instructions
workout, bodybuilding	exercise	self-service restaurant	canteen
sweets, toffee	candy	nobody	no one
nap, siesta, doze	sleep	noodles	pasta
grade, score	mark	sneakers, running shoes	trainers
need, necessitate	require	well done!	congratulations!

Write down the opposite of these words:

insecurity, uncertainty	self-confidence	poor	rich
everyone	no one	most	least (some)

2 Comprehension

Fill in the missing words:

Health check

- 1 Bad weather makes me **feel down**.
- 2 Can you help me to **fill in** this form, please?
- 3 **Congratulations** on passing your driving test!
- 4 Did you understand the **importance** of what she said?
- 5 Do you enjoy going to the **swimming pool**?
- 6 Do you think the **statement** is true or false?
- 7 Fish and **chips** is a typically British meal.
- 8 For that job you need good computer **skills**.
- 9 I didn't get a good **mark** for the last piece of homework.
- 10 I feel terrible if I don't get enough **sleep**.
- 11 I got a good mark **although** the test was quite difficult.
- 12 I like healthy food, for example fruit and **vegetables**.
- 13 I like lots of team sports, but I like basketball the **least**.
- 14 I want to take a photo of you, so **smile**, please!
- 15 If you don't show any **emotion**, people don't know how you're feeling.
- 16 If you **pay** someone a **compliment** you will make them very happy!
- 17 It's dark outside because it's getting **late**.
- 18 **Junk food** isn't good for you and can be expensive.
- 19 More and more people are suffering from **stress** nowadays.
- 20 My biggest **fear** is of spiders.
- 21 My sister doesn't have much **self-confidence**.
- 22 On Sundays I **sleep in** until 11 a.m.
- 23 The actress has a beautiful **smile**.
- 24 The tallest **bar** on the chart shows what most people chose.
- 25 There is a nice children's playground in the **public** park.
- 26 To live longer you need to take care of your **health**.

Healthy eating

- 1 A flower grows from a **seed**.
- 2 Apple pie with **cream** is a delicious dessert.
- 3 Have you got **any** money with you?
- 4 I have put on 10 kilos! I really must go on a **diet**.
- 5 I really need **some** new clothes.
- 6 I take one **teaspoon** of sugar in my coffee.
- 7 I want to go out **after** I've finished my homework.
- 8 If a seed gets enough water, it will begin to **sprout**.
- 9 It is easier to **spread** butter when it's not too cold.
- 10 It's a good idea to take more **vitamin C** in winter.
- 11 It's bad manners to call someone on the telephone **during** a meal.
- 12 Many French people buy a fresh **baguette** every day.
- 13 My grandmother's **lifestyle** is very different to mine.
- 14 Oranges **contain** lots of vitamin C.
- 15 **Pasta** is one of my favourite foods.
- 16 **Peeling** potatoes is a very boring job.
- 17 Please add salt and **pepper** if you wish.
- 18 Put your coat on when you go out or you will **catch a cold!**
- 19 There is one **ingredient** we still need to buy before making the cake.
- 20 **Wholegrain** bread is better for you than white bread.
- 21 You make pancakes in a **frying pan**.
- 22 You need a **tablespoon** of honey to make the biscuits taste sweeter.
- 23 You should put sun-cream on in summer to protect your **skin** from the sun.

Why do people love fast food?

- 1 Eating in the **canteen** is a good way to see friends at lunchtime.
- 2 Good **nutrition** is important if you want to stay healthy.
- 3 I have been a **vegetarian** since I was 8 years old.
- 4 I'm quite **fond of** sailing.
- 5 **Life** is too short to be angry with someone for long.
- 6 Thank you for the meal. It was very **tasty**.
- 7 Would you like a **slice** of watermelon?

Sports for everyone!

- 1 Are you getting enough **exercise** at the moment?
- 2 **Candy** is the American English word for sweets.
- 3 **Celery** is a good food to eat if you want to lose weight.
- 4 **Cod** is a tasty white fish the British often eat with chips.
- 5 **Cucumber** is good in salads.

- 6 Have you got your test **result** yet?
- 7 Just add a **pinch** of salt to the sauce, not too much!
- 8 Let's keep the old bread to feed the **ducks**.
- 9 Lots of children don't like **cauliflower**.
- 10 Make sure you follow the **instructions** carefully.
- 11 Many British children eat **cereal** for breakfast.
- 12 **Melon** is a refreshing fruit for the summer.
- 13 **Mustard** has quite a hot taste.
- 14 My grandparents grow **cabbage** in their garden.
- 15 **Oil** has many uses in cooking.
- 16 Shall I add some **lettuce** to the salad?
- 17 Some people are allergic to **peanuts**.
- 18 That was the most exciting **downhill ski race** I've ever seen!
- 19 The **previous** owner didn't look after the dog well.
- 20 Toothpaste comes in a **tube**.
- 21 What **sports** do you do at school?
- 22 Wine is made from **grapes**.
- 23 You can add **honey** to tea to make it sweeter.

Favourite sports

- 1 A **tracksuit** is practical for sports lessons.
- 2 Cricket **bats** are made of wood.
- 3 Dogs love running after **sticks**.
- 4 For my birthday I would like a new tennis **racket**.
- 5 For the symbol '%' you say '**per cent**' in English.
- 6 **Great Britain** doesn't often win medals in the Winter Olympics.
- 7 Hockey is quite a **common** sport in British schools.
- 8 **Horse-riding** is a popular hobby in Britain.
- 9 I dropped all my books at school yesterday and **no one** helped me.
- 10 I hope **everyone** can come to the party.
- 11 I only have a **few** minutes to talk, then I've got to go.
- 12 If you work hard and get a good job, you might be **rich** one day.
- 13 **Most** of my friends go to the same school as me.
- 14 My father wants to keep fit so he has joined a **sports club**.
- 15 My **membership** will be up soon, so I need to pay for the next year.
- 16 My pair of **trainers** is really old now – I need new ones.
- 17 **Nobody** in our class plays tennis.
- 18 The **diagram** shows that volleyball is the most popular sport in the class.
- 19 Visitors are **required** to buy a ticket in advance.

Which word is meant by these definitions?

- | | | |
|----|--|--------------------|
| 1 | a thick yellowish-white liquid taken from the top of milk | cream |
| 2 | a vegetable with a hard round white central part surrounded by green leaves | cauliflower |
| 3 | the condition of your body, especially whether or not you are ill | health |
| 4 | a long narrow plastic or metal container with a lid at one end that you squeeze in order to push out the soft substance inside | tube |
| 5 | to go into a natural state in which you are unconscious for a time and your body rests, especially for several hours at night | sleep |
| 6 | a yellow substance with a hot taste made from the seeds of a plant. It is eaten, especially with meat, in small amounts. | mustard |
| 7 | a drawing that explains something | diagram |
| 8 | a black or white powder that adds strong flavour to food | pepper |
| 9 | a pale green vegetable with a group of long stems that are eaten raw or cooked | celery |
| 10 | sweets or confectionery | candy |
| 11 | a long thin loaf of bread made in the French style, soft inside and hard outside | baguette |
| 12 | a small hard part produced by a plant that can grow into a new plant of the same type | seed |
| 13 | physical activity done in order to stay healthy and make your body stronger | exercise |
| 14 | a limited amount of food that someone eats because they are trying to become thinner | diet |
| 15 | a large round fruit that has a hard green or yellow skin and soft orange, green, or white flesh inside | melon |
| 16 | used for referring to a smaller amount than any other amount, or the smallest amount possible | least |
| 17 | a sweet, sticky yellow or brown food made by bees | honey |
| 18 | an expression on your face in which you raise the corners of your mouth because you are happy, pleased, or being friendly, or because you think something is funny | smile |
| 19 | the outer layer of a person's or animal's body | skin |
| 20 | a room in a factory, school, or hospital where cheap meals are served | canteen |
| 21 | to remove the skin from a fruit or vegetable | peel |
| 22 | a hard round vegetable with green or purple leaves that can be eaten raw in salads or cooked | cabbage |
| 23 | wholegrain food contains all the wheat grain, including the outer part | |
| 24 | a food made from grain, for example wheat, oats, or corn, mainly eaten with milk for breakfast | cereal |
| 25 | the feeling that you have when you are frightened | fear |
| 26 | the fact of being important, or the degree to which something or someone is important | importance |
| 27 | someone who chooses not to eat meat or fish | vegetarian |

- 28 a flat metal pan with a long handle, used for cooking food in hot oil or fat **frying pan**
- 29 an object used for hitting the ball in games such as tennis, with a long handle and a round part with strings **racket**
- 30 a small green or purple fruit that grows in bunches on a vine, often used for making wine **grape**
- 31 food that is not healthy because it contains a lot of fat, salt, and sugar **junk food**
- 32 the ability to do something well, usually as a result of experience and training **skill**
- 33 a small spoon used for eating, for adding sugar to tea or coffee, or when cooking, for adding small amounts of a liquid or powder **teaspoon**
- 34 a long wooden object used for hitting the ball in games such as baseball and cricket **bat**
- 35 loose trousers and a loose top that you wear especially before or after exercising **tracksuit**
- 36 to cover a surface with a thin layer of a soft food **spread**
- 37 **tasty** food has a nice flavour
- 38 a large structure filled with water for people to swim in **swimming pool**
- 39 a fish that lives in the North Atlantic Ocean **cod**
- 40 a worried or nervous feeling that stops you relaxing, caused, for example, by pressure at work or financial or personal problems **stress**
- 41 to raise the corners of your mouth when you are happy, pleased, or being friendly, or when you think something is funny **smile**
- 42 an Italian food made from flour and water, and sometimes eggs. There are many different forms, for example spaghetti, ravioli, and lasagne. **pasta**
- 43 a type of nut that grows under the ground inside a thin shell and that can be eaten **peanut**
- 44 the feeling that you can do things well and that people respect you **self-confidence**
- 45 a feeling that you experience, for example love, fear, or anger **emotion**
- 46 long thin vegetable that has a dark green skin and is white inside. It is usually eaten raw in salads. **cucumber**
- 47 available for people in general to use **public**
- 48 a flat piece of food that has been cut from something larger **slice**
- 49 at a later time **after**
- 50 one part of 100, or a particular amount of a total that you have divided by 100 **per cent**
- 51 natural substances found in food that are necessary to keep your body healthy **vitamin**
- 52 if you are **late**, you arrive somewhere after the correct or usual time
- 53 one of the foods or liquids that you use in making a particular meal **ingredient**
- 54 a water bird with short legs, webbed feet (=with skin between the toes), and a large flat beak **duck**
- 55 to add information such as your name or address in the empty spaces on an official document **fill in**

- 56 the activity of riding a horse, for enjoyment, exercise, or in competitions **horse riding**
- 57 a score in the form of a number, percentage, or letter that a teacher gives a student's work. The American word is grade **mark**
- 58 a thin piece of wood that has been broken or cut from a tree **stick**
- 59 a part of a plant used as food, for example a potato, bean, or cabbage **vegetable**
- 60 the period of time from someone's birth until their death **life**
- 61 the fact of being a member of a club, organization, or group **membership**
- 62 long thin piece of potato cooked in hot oil **chips**
- 63 owning a lot of money, property, or valuable possessions **rich**
- 64 strong, comfortable shoes which are designed for doing sports in, but which many people wear as informal clothing **trainers**
- 65 to continue sleeping after the time that you usually wake up **sleep in**

(Macmillan, 2009–2013)

3 Application of the vocabulary

Pass your sheet to your partner. He/she will write down 6 words you'll have to explain in an English sentence:

	words suggested by your partner	your sentence:
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____

Complete these sentences, so that it's clear that you understand the word:

- 1 My biggest fear is of _____
- 2 Please fill in _____
- 3 Junk food _____
- 4 I always sleep in _____
- 5 A baguette is _____
- 6 I caught a cold _____
- 7 I should go on a diet, _____
- 8 You should peel _____
- 9 I'm quite fond of _____
- 10 In the canteen _____
- 11 Would you like a slice _____?
- 12 A vegetarian _____
- 13 Ducks are _____
- 14 Mustard _____
- 15 You need a racket _____
- 16 You use trainers _____