

1 VOCABULARY health and the body

a Order the letters to make words that complete the sentences.

- 1 A dentist looks after your (tteeht) *teeth*. _____
- 2 Exercise helps to keep your (esslcum) _____ strong.
- 3 Exercising every day can cut the risk of a (earth) _____ attack.
- 4 You can lose a lot of (dobol) _____ if you cut your hand badly.
- 5 If you have a skiing accident, you can easily break a (nobe) _____.

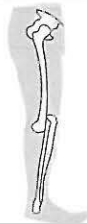
b Complete the sentences with a word from a. Use plurals where necessary.

FASCINATING FACTS

- 1 Most parts of your body can repair themselves, but your _____ can't.



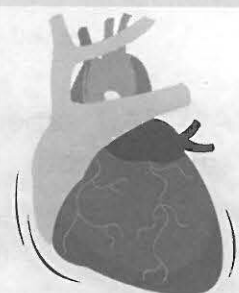
- 2 The _____ in your legs are very strong.



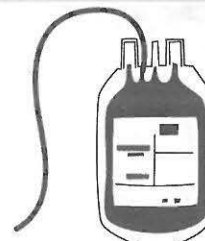
- 3 You use 17 _____ in your face when you smile.



- 4 In an average lifetime, your _____ beats 2.5 billion times.



- 5 There are about 5 liters of _____ in an adult body.



2 GRAMMAR quantifiers, too, (not) enough

a Complete the sentences with a few, a little, much, many, or a lot of.

- 1 Max is overweight because he eats a lot of chocolate.
- 2 Excuse me! Can I ask you _____ questions about your diet?
- 3 How _____ pieces of fruit do you eat a day?
- 4 How _____ sugar do you put in your coffee?
- 5 Could I have _____ more tea, please?
- 6 I watch _____ TV – usually four or five hours a day.
- 7 _____ sunshine is good for you, but no more than 15 minutes a day.
- 8 I only drink _____ cups of coffee a day – maybe two or three.

b Match 1–6 to a–f to make sentences.

- 1 The problem with your diet is that you eat c.
 - 2 You're probably having problems sleeping because you drink ____.
 - 3 If you want to lose weight, make sure you ____.
 - 4 I don't like the gym because there are ____.
 - 5 I know I need to exercise more, but when I finish work, I'm just ____.
 - 6 Jason's dad had a heart attack, but luckily they got to the hospital ____.
- a too tired.
b early enough.
c ~~too much sugar.~~
d too much coffee late at night.
e exercise enough.
f too many people and not enough machines.

c Rewrite the sentences with the words in parentheses.

- 1 You need to exercise more. (enough)
You don't exercise enough.
- 2 You need to drink less soda. (too much)
You drink _____.
- 3 You go to bed too late. (early enough)
You don't _____.
- 4 Are you getting all the sleep that you need? (enough)
Are you getting _____?
- 5 You need to stop eating all those cookies. They're bad for your teeth. (too many)
You eat _____.
- 6 I think my diet includes the right amount of fruit and vegetables. (enough)
I think I eat _____.

3 PRONUNCIATION /ʌ/

a Check (✓) the word that has an /ʌ/ sound.



- | | | | |
|-----------|-------------------------------------|--------|--------------------------|
| 1 cut | <input checked="" type="checkbox"/> | put | <input type="checkbox"/> |
| 2 muscle | <input type="checkbox"/> | cute | <input type="checkbox"/> |
| 3 through | <input type="checkbox"/> | enough | <input type="checkbox"/> |
| 4 food | <input type="checkbox"/> | blood | <input type="checkbox"/> |
| 5 none | <input type="checkbox"/> | bone | <input type="checkbox"/> |

b 5.4 Listen and check. Then listen again and repeat the words.

c Circle the TWO bold letters in each sentence that have an /ʌ/ sound.

- 1 Did it hurt when you **cut** your **thumb**?
- 2 Being in the hospital **wasn't** **much** **fun**.
- 3 I like to give **blood** every **few** **months**.
- 4 We all need to **get** **enough** **sun**.
- 5 I don't really **do** **much** **running**.

d 5.5 Listen and check. Then listen again and repeat the sentences.



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