

8

EXTRA PRACTICE 1

Name:

Vocabulary

1 Complete the sentences with the words below.

*vitamins ♦ calories ♦ balanced diet ♦ processed food
healthy lifestyle ♦ junk food ♦ carbohydrates ♦ sugar*

1. Vegetables contain a lot of
2. Eat natural food, not only
3. Sally has had a since she began doing competitive judo.
4. How many has 100 grams of chocolate got?
5. Bread contains a lot of
6. It's not healthy to eat a lot of like pizza and chips.
7. A has got meat, fruit, vegetables and dairy products.
8. There is often a lot of in fizzy drinks.

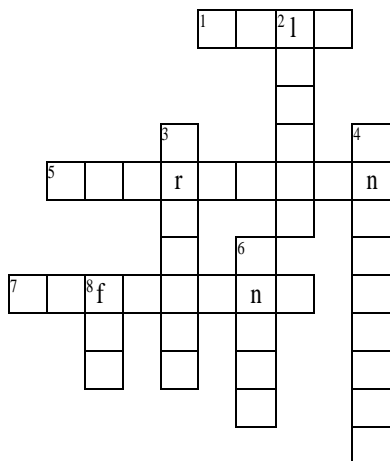
2 Complete the puzzle according to the clues.

Across ➡

1. You put too much ... in the soup.
5. We learn about healthy eating in our lessons about
7. Drinks like coffee and cola have got

Down ⬇

2. It's important to drink enough ... before a sports lesson.
3. Children need to eat foods with ... to grow.
4. ... food like sweets will harm your teeth.
6. Is popcorn a healthy ... ?
8. You shouldn't eat food with too much



Grammar

3 Complete the sentences with the correct modals below.

can ♦ can't ♦ could ♦ couldn't ♦ must ♦ mustn't

1. I do the maths homework last night. It was too difficult.
2. When Matt fix the car?
3. You make so much noise here.
4. Jason come with us because he's got football practice.
5. My grandfather run a marathon when he was young.
6. I clean the kitchen before my parents come home.

4 Write sentences with the words below and the correct form of *should*.

1. you / not eat / all this junk food / .

.....

2. he / not drive / in / this storm / .

.....

3. I / wear / this dress / for / the party / ?

.....

4. I / think / we / buy / her / a present / .

.....

5 Look at the pictures and choose the correct answers.

1



2



3



1. Brad **can** / **can't** / **should** drive a car but he **can** / **should** / **must** ride a scooter.
2. The children **can** / **should** / **mustn't** wear their raincoats. They **mustn't** / **can't** / **can** forget their umbrellas.
3. We **should** / **can** / **must** walk today. Tomorrow, we **can't** / **mustn't** / **must** get up late.