

PRE-INTERMEDIATE UNIT 6

6.1 Health

1 Complete the text with the words in the boxes.

alcohol caffeine fizzy drinks
fruit and vegetables junk food vitamins

Coffee and tea can be quite good for you, but it isn't because of the ¹_____ they contain. Both drinks contain anti-oxidants which are good for the body. Certainly, they are better for you than drinking ²_____, which contain huge amounts of sugar.

Small amounts of ³_____ have been shown to be quite good for you, again because of the anti-oxidants, but drinking wine, spirit and beer regularly can cause all sorts of illnesses and health problems.

Most people do not eat enough fresh ⁴_____. Scientists now advise at least seven portions a day is necessary to get the ⁵_____ we need to keep healthy. Instead we are all eating more ⁶_____ and sugar. The average American child eats thirty-two teaspoons of sugar a day.

2 Answer the questions with the words in the box.

basketball cricket cycling football golf
horse racing horseriding judo karate
rollerblading rugby running sailing
scuba-diving skateboarding skiing
snorkelling snowboarding surfing
windsurfing yoga

- Which sports use a ball? (5 sports)
_____, _____, _____,
_____, _____,
- Which sports involve an animal? (2 sports)
_____, _____
- Which sports are in or on water? (4 sports)
_____, _____, _____,

- Which sports use equipment with wheels? (3 sports)
_____, _____, _____
- Which sports need snow? (2 sports)
_____, _____
- Which sports are martial arts? (2 sports)
_____, _____
- Which sports don't need any equipment (except clothes or shoes)? (5 sports)
_____, _____, _____,
_____, _____

6.2 Food

3 Write the words that match the descriptions. The first letter of each word is given.

- the seeds of wheat and other plants, often used to make bread: g_____
- fish with shells: s_____
- a Japanese dish with rice, vegetables and raw fish: s_____
- a Mexican dish with a flat pancake wrapped round beans or beef: b_____
- food made from milk: d_____
- a Spanish dish made with rice, vegetables, chicken or fish: p_____
- sweet food often eaten at the end of a meal: d_____
- a Middle Eastern dish made with chickpeas: f_____

4 Put the words in the box in the correct place.

apple bananas beefsteak biscuits broccoli cabbage
cake carrots cheese chicken coffee corn courgettes
cream duck fizzy drink grapefruit grapes jelly
lobster milk mussels oats shrimps tea wheat

grains	meat
fish/seafood	dairy
desserts	drinks
vegetables	fruit

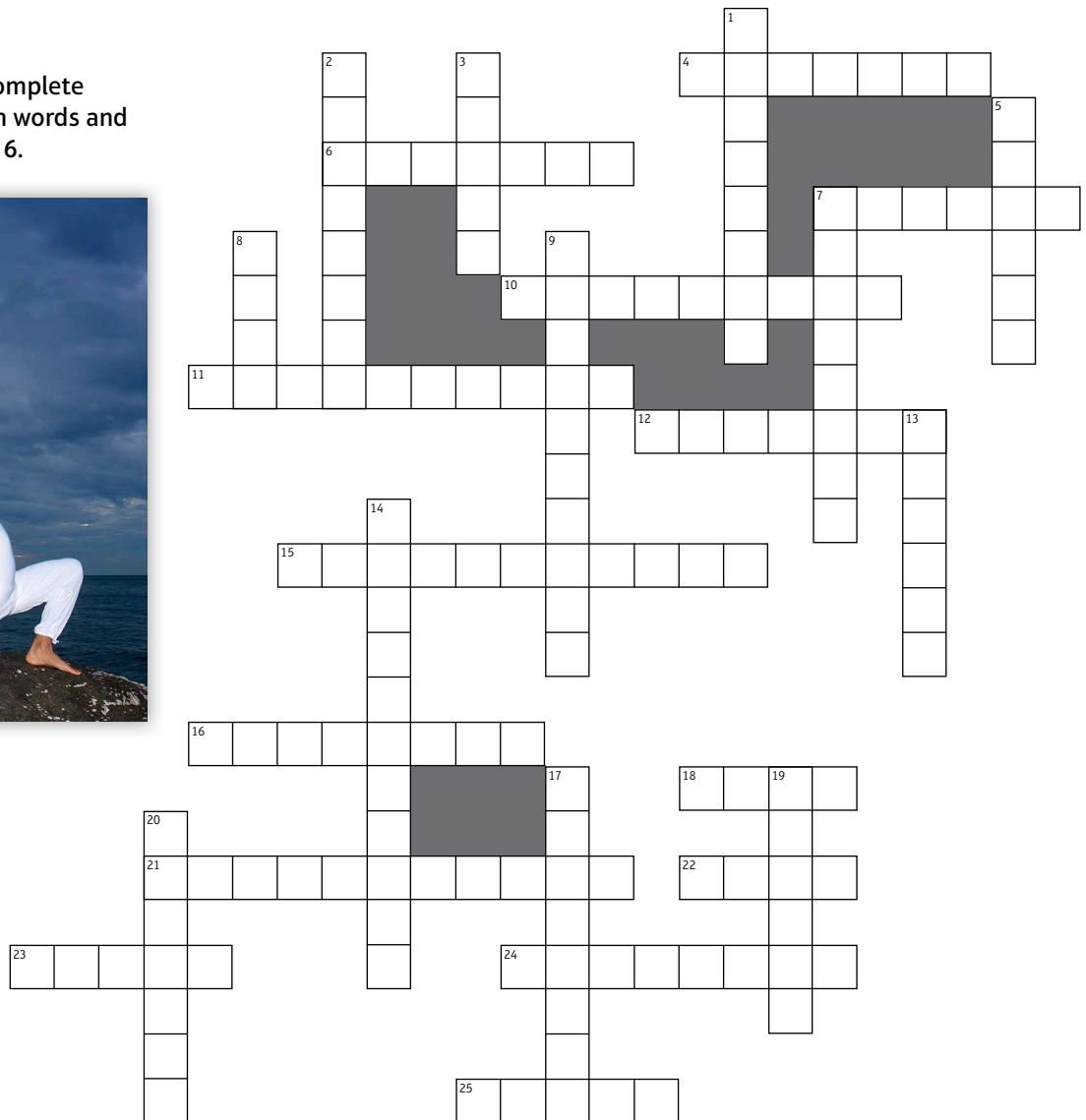
6.3 Illness

5 Write in the missing letters to complete the conversation.

- A: What's the matter?
B: I think I've ¹c____t flu.
A: Are you sure it isn't just a ²c____d?
B: No, I feel terrible. I've got a ³h____ t____p____t____e
and a really ⁴s____ th____a____.
A: And do you have a bad ⁵c____g____?
B: Yes, and a terrible ⁶he____a____h____.
A: That does sound like flu. I'll give you some
⁷m____i____in____. You need to get some ⁸r____ and drink
lots of ⁹h____ drinks.

Crossword

- 6** Use the clues to complete the crossword with words and phrases from Unit 6.



Across

- 4** running quite slowly for exercise (7)
6 A kind of seafood that is small and pink when cooked. (6)
7 A sport in which two people wearing gloves hit each other. (6)
10 A sport where you hit a small object with feathers over a net. (9)
11 a very tall building (10)
12 long, thin orange vegetables (7)
15 You can take these pills to help when something hurts. (11)
16 _____ are a kind of small flat sweet cake. (8)
18 A form of exercise which focuses on stretching and breathing. (4)
21 A kind of medicine that kills bacteria. (11)
22 This will help the doctor see if you have broken your arm. (1-3)
23 another word for *sea* (5)
24 You find this in coffee, tea and cola. (8)
25 Bread is usually made from this. (5)

Down

- 1** Thinking about possible problems and getting stressed. (8)
2 Jelly and ice-cream are examples of _____. (8)
3 Milk, cheese and yoghurt are all examples of _____. (5)
5 when the sun goes down (6)
7 A green vegetable which looks like little trees. (8)
8 Chocolate and crisps are examples of _____ food. (4)
9 A large fruit with green skin and red inside. (10)
13 A game for two players, where you hit a small ball against the wall. (6)
14 A water sport using a board and a sail. (11)
17 When your back is painful, you have _____. (8)
19 Oats and corn are examples of _____. (6)
20 A typical Middle Eastern dish. (7)