



# ENGLISH

## Chapter 18 Session B

**5th**  
SECONDARY

**MIND AND BODY**  
Review

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 **SACO OLIVEROS**

# MOTIVATING STRATEGY

## VOCABULARY

## GRAMMAR

1

To keep a good **balance** between her work and personal life, Elaine never looks at her phone when she's with her daughter.



2

I hate writing **checks** – there are so many easier ways to transfer money online!



3

I didn't start practicing **meditation** until I was 65, but I really love it and go to class every week!



4

Alana went far over her **budget** when she was remodeling her kitchen – everything cost more than she had anticipated.



5

To really **appreciate** nature, I love spending time hiking in the Rocky Mountains.



6



The cost of living in the city was so high that Petra and Sandy could only afford a tiny apartment.

7



Parents of teenagers always ask me – how can we limit screen time for them? They're glued to their phones!

In my experience, bullying is just as much of a problem with girls as with boys.

8



9



Jenny liked being a bank teller, but hoped to become a bank manager one day.



10

There was only one ATM working, so there was a huge line to withdraw money.

11

When Sean lost his job and couldn't pay his mortgage, he ended up having to sell the house.



12

Madison would suffer from anxiety anytime she was in a crowd of people.



Luke made a \$200 withdrawal from the bank so that he could buy a second-hand bicycle.

**13**

When Kareem started singing in the choir, it really boosted his confidence and self-esteem.

**14**

Barry didn't have many valuable assets, but his vintage car was worth quite a lot of money.

**15**

Ever since Sheila turned 60, she had started to get regular checkups.

**16**

## Phrasal Verbs

- 1** Complete the phrasal verbs in the sentences with the correct words.

Frederick asked me to bail him out with a loan, but I'm not sure if I should.

- a** It's important for people who have achieved success to give back to the communities that supported them when they were younger.
- b** Talia has been saving up all year to buy a new phone.
- c** You've been performing really well, and I'd like you to take on a bit more responsibility at work.
- d** I wish students at my school would cut down on the amount of plastic they use.

- 2 Match the phrasal verbs in the box with the sentences.

follow up on   get away with  
~~get by~~   shop around for

Spencer makes just enough money to pay for all his expenses, but he isn't saving any.

*get by*

- a Alexandra cheated on her math test, but nobody caught her.

**Get away with**

- b Farida always insisted on visiting all the stores in the mall before making a decision about what to buy.

**Shop around for**

- c Even though the store owner hadn't seemed very interested, Stuart decided to call him the next day to see if he wanted to change phone companies.

**Follow up on**



## Wishes / If only ...

- 3** Choose the correct options to complete the sentences.

Leanne wishes she **studied** / **had studied** engineering instead of music in college.

- a** I'd love to get an electric car. If only I **can** / **could** afford it!
- b** Milo wishes his brothers **had let** / **would let** him play with them, but they never do.
- c** I wish I **were living** / **would live** somewhere that had a garden, instead of this tiny apartment.
- d** If only you **didn't buy** / **hadn't bought** the cheapest tickets! Now we'll hardly be able to see the stage.
- e** I wish I **hadn't eaten** / **didn't eat** so much. Now I'm feeling sick.

**4** Complete the sentences with the correct forms of the verbs in parentheses.

I wish grandma could have come (can come) to see me perform in the play tonight.

- a** Do you ever wish you were (be) famous?
- b** I'm sorry, but the cake's already gone! If only you had arrived (arrive) a bit sooner!
- c** I really wish people would stop (stop) using fireworks – it frightens all the dogs in the neighborhood.
- d** Leandro often wishes that he had spent (spend) more time with his father before he passed away.
- e** I wish I had started learning (start learn) the guitar instead of the piano.

## Third Conditional

- 5** Choose the correct options to complete the sentences.

If you hadn't / **wouldn't have** taken swimming lessons, you wouldn't have enjoyed the sailing trip.

- a** You **had made** / **might have made** a better meal if you had followed a recipe.
- b** Celina **would** / **wouldn't** have hurt her head if she had used a helmet.
- c** If they had looked at the car more closely, they **would** / **might** have seen the dent, but maybe not, considering how small it was.
- d** Last year, if we **had** / **would have** listened to Sam's investment advice, we would have made a lot of money.

- 6** Complete the sentences with the correct forms of the verbs in parentheses. Put the verbs in the negative if necessary.

My friend Greg would have come to the wedding if he hadn't missed (miss) his flight.

- a** If you had used (use) less sugar, the cookies wouldn't have been so sweet.
- b** The two sisters wouldn't have spoken (speak) to each other if their mother hadn't begged them to.
- c** If we'd had more practice, I'm sure we would have beaten (beat) them.



**7** Write third conditional sentences about the situations described in the following items.

I didn't eat my lunch. I ate a huge dinner.

*If I had eaten my lunch, I wouldn't have eaten a huge dinner.*

**a** May was late because she didn't know the way to the party.

May wouldn't have been late if she had known the way to the party.

**b** Chris didn't feel well earlier today. This may be why he left school early.

If Chris had felt well earlier today, he might not have left school earlier.

**c** We didn't take a vacation last year because we had too much work to do.

We would have taken a vacation last year if we hadn't had too much work to do.

## Mixed Conditionals

- 8** Match the sentence halves to make appropriate mixed conditionals.
- a 2 If Lauren had used a map,
  - b 3 If the internet at home was better,
  - c 1 If my mom hadn't helped out at after the party,
- 1 we'd probably still be cleaning up now!
  - 2 we wouldn't be lost now.
  - 3 I could have called you from there.

**9** Complete the mixed conditionals using the prompt words.

If I hadn't worked out so hard yesterday,

*I wouldn't feel so sore today*.

(I / not / feel / so sore / today)

**a** You wouldn't have beat me at cards

*if I wasn't/weren't so sleepy.*

(I / not / be / so sleepy)

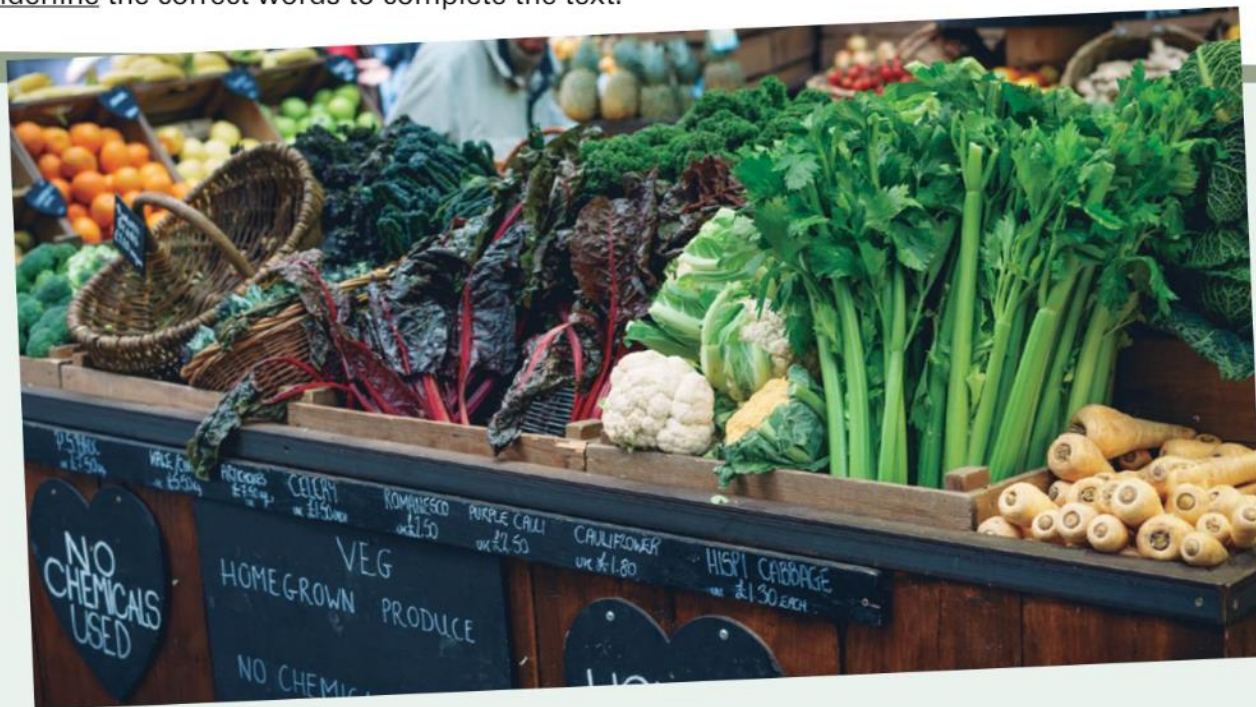
**b** If the neighbors had seen you climbing in through the window, it's possible

*they might have called the police.*

(they / call / police)



Underline the correct words to complete the text.



**Organic Food**



## Organic Food


You have probably heard of organic food and its benefits, or **a have seen / have been seeing** it in the grocery store. However, even if you **b had never heard / wouldn't have heard** of organic foods until now, you still **c had known / would know** as much about them as many other people. In reality, there are a few key differences between organic fruits and vegetables and 'conventional' fruits and vegetables. First of all, organic food **d makes / is made** with natural fertilizers, that is, the substance added to the soil to help plants grow, instead of artificial ones. Similarly, farmers must **e remove / be removed** weeds from organic farms physically, without using chemicals. Animals are also kept away through natural methods instead of with artificial chemicals. So, if the last time you **f bought / would buy** vegetables they didn't have the 'organic' label, you know these criteria **g couldn't be / couldn't have been** met.

Because of these differences, organic food takes more effort to grow. So why **h did people do / have people been doing** it for years, even before it became popular? According to organic farmers and shoppers, organic food is fresher since you know preservatives **i didn't use / were not used** in growing them, and better for the environment since less chemicals are used. If only these results **j are / were** possible with less effort!

Of course, not everyone can spend a lot of money on organic food all the time due to the higher costs. So, if **k saving on** / **saving up** to buy everything organic is not a possibility, consider buying those vegetables organically which typically have the most chemicals on them, for example apples, potatoes, spinach, and strawberries.

On the other hand, some people **l would not buy** / **didn't buy** organic products even if they **m had won** / **would have won** the lottery. This may be due to the cost, but also because of other factors. Previously, in many areas, grocery stores **n have not been carrying** / **had not been carrying** organic foods, making them difficult to find. And, just because something is organic does not guarantee that it is safe. After all, natural chemicals can be just as unhealthy as artificial ones. In the end, even though many people wish they **o can eat** / **could eat** only organically, it seems unlikely that this will **p become** / **be becoming** a reality any time soon. With that said, considering the growing awareness, it seems that soon at least everyone **q will hear** / **will have heard** of these healthier food options.

## Nutrition

- 1  99 Label the pictures with the words in the box. Then listen and repeat.

appetite calories carbohydrates  
cholesterol digestion excessive  
overweight portion protein vitamins



## Nutrition

appetite calories carbohydrates  
cholesterol digestion excessive  
overweight portion protein vitamins

cholesterolappetiteoverweightportionexcessivecaloriescarbohydratesproteinvitamindigestion





## 2 Underline the correct words.

- a Ugh, I've lost my **appetite** / **digestion** after watching that documentary about fast food.
- b My doctor said I can still eat what I want, within reason, but I should make sure to monitor the size of the **calories** / **portions**.
- c I've been eating way too much bread and pasta recently. I should really cut down on **carbohydrates** / **protein**.
- d You've been getting stomach aches? Maybe try eating some yogurt – I hear it's great for your **overweight** / **digestion**.
- e I'm trying to watch my **vitamins** / **calories** since I've gained a bit of weight recently that I'd like to lose.

**3** Complete the definitions with the correct words.

- a If something is excessive, there is much more than is reasonable or necessary.
- b If you are overweight, then you are heavier than you should be.
- c Cholesterol is a substance in the blood and the cells of the body that can cause heart diseases if there is too much of it.
- d Protein is a substance in food such as meat, eggs, and milk that people need in order to grow and be healthy.
- e Vitamins are natural substances found in food that are necessary to keep your body healthy.

**4** Answer the questions for you.

**a** What should be in a balanced diet?

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**Personal answer**

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**b** Do you think about the number of calories in your food? Why / Why not?

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**Personal answer**

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**c** Are there any times of the year when you eat an excessive amount of food? If so, when and why?

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**Personal answer**

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**d** When do you usually have no appetite?

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**Personal answer**

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THANK YOU