

ENGLISH

REVIEW

3rd
SECONDARY

Chapters 7-8-9

Session B



 **SACO OLIVEROS**

HELICO MOTIVATION



Gerund and infinitive

1 ☆ Circle the correct option.

- 1 You don't need **to cut/cutting** out sweet foods completely.
- 2 I'm interested in **to join/joining** a sports club.
- 3 Would you like **to play/playing** tennis with me later?
- 4 **To run/Running** isn't my favorite activity!
- 5 My dad promised **to take/taking** me to the movies on Saturday.
- 6 Jess admitted **to feel/feeling** really tired after the walk.

2 ☆☆ Write the sentences in the correct order.

1 going / I / for / like / walks

I like going for walks.

2 exercise / good / doing / is / for / you

Doing exercise is good for you.

3 gym / decided / I / join / local / to / a

I decided to join a local gym.

4 easy / it / to / fast food / cut out / isn't

It isn't easy to cut out fast food.

5 called / I / Sofia / ask / to / advice / for

I called Sofia to ask for advice.

6 I'm / running / a marathon / in / interested

I'm interested in running a marathon.

3 ☆☆ Complete the questions with the correct form of the verbs in parentheses.

- 1 What exercise are you planning to do
(do) this week?
- 2 What kinds of sports do you enjoy taking
(take) part in?
- 3 Do you find it easy or difficult to eat
(eat) a healthy diet? Why?
- 4 What new things are you trying to learn
(learn) right now?
- 5 What sports are you interested in trying
(try) in the future?

4 ☆☆☆ Answer the questions in exercise 3 for you.

1

2

3

4

5

Personal answer

- 5 ☆☆☆ Complete the text with the correct form of the verbs in parentheses.



It is well known that 1 doing (do) exercise every day is good for your health, so some schools are now interested in 2 finding (find) new ways to include exercise in the regular school day. In the United States, Active Schools encourage students 3 to become (become) healthier by 4 making (make) sure that they do at least one hour of physical exercise each day before, during and after classes.

A few forward-thinking schools have decided 5 to change (change) their regular classroom chairs for exercise bikes 6 to allow (allow) their students to bike while they are studying. Most students are delighted 7 to have (have) the bikes and find it easy 8 to concentrate (concentrate) on their work and bike at the same time. What do you think? Would you enjoy 9 being (be) more active at school?

A conversation



- 1** ☆ 🔊 9 Listen to a dialogue between Ben and Alice. Check (✓) the five things that Alice mentions as ways of improving your health.

laughing ☒

eating fish ☐

singing ☒

dancing ☒

sleeping more ☐

gardening ☐

having plants indoors ☒

not wearing shoes ☒

2 ☆☆☆ **Listen again. Circle the correct answers.**

- 1 Most people think that improving your health
 - a isn't enjoyable.
 - b is more fun if you go to the gym.
- 2 You can get the benefits of laughing
 - a only if you really find something funny.
 - b even if you don't find something funny.
- 3 Singing
 - a has the same benefits as laughing.
 - b is better for you than laughing.
- 4 Having plants in your home
 - a makes the air cleaner.
 - b isn't possible for everyone.

3 ☆☆☆ Match the styles in the box with phrases in bold 1–6.

clarification contractions
informal words and expressions phrasal verbs
repetition ~~short, simple sentences~~

- 1 Oh, **boring!** short, simple sentences
- 2 Taking care of yourself is hard work – **going to the gym, cutting out foods you like ...**
clarification
- 3 **Laughing** is really good for you. When you **laugh**, you breathe deeply ... **repetition**
- 4 They practice laughing even when **nothing's** funny. **contractions**
- 5 **Cool!** **informal words and expressions**
- 6 You could **take off** your shoes and go out into the yard. **phrasal verbs**

4 ☆☆☆ Answer the questions

Personal answer

1 What effect do laughing and exercise both have?

They both make you breathe more deeply.

2 What do people do during laughter yoga?

3 What are the benefits of 'earthing'?

4 Which of the ideas that Alice suggests would you like to try? Why?



Giving instructions

1 ☆ Match pictures 1–5 with the verbs in the box.

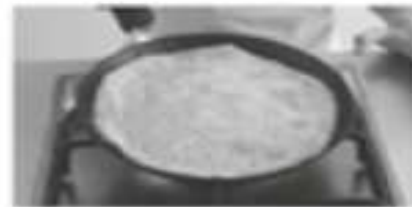
~~add~~ cook measure mix pour



1 add



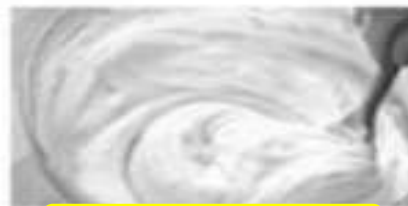
2 **measure**



3 **cook**



4 **pour**



5 **mix**

2 ☆☆ Order the sentences to make a recipe for pancakes.

- a Next, add some eggs and mix them with the flour. 3
- b Finally, pour it into a frying pan and cook it quickly. 5
- c First, measure the flour in a bowl. 1
- d Add a small amount of sugar to the flour. 2
- e Then add some milk to the flour and eggs and mix well. 4
- f Serve with honey and lemon juice. Delicious! 6

3 ☆☆☆ Circle the correct option.

My super-healthy fruit breakfast

First, get all the **1 food/ingredients**. You need different kinds of fruits (about 150 grams), 100 grams of oats, two **2 tablespoons/tablespoons of** natural yogurt and some honey. **3 Cook/Measure** the oats carefully, so you don't use too much.

Next, **4 add/chop** the fruits into small pieces. (I like to use apple, orange, banana and grapes.) **5 Mix/Put** the chopped fruits into a cereal bowl. Then **6 mix/add** the oats with the fruit in the cereal bowl. **7 Mix/Add** the yogurt on top of the fruits, and **8 first/finally** for a sweet taste, **9 mix/pour** the honey on top – about a **10 handful/teaspoon** is plenty.

Cover and leave in the fridge overnight, for a delicious and healthy breakfast!

Vocabulary review

Staying healthy; health and well-being

- 1** Complete Ana's healthy week diary with the phrases in the box. There are two phrases you don't need.

drink enough water ~~eat less sugar~~
eat quickly eat sugary snacks get fit
get enough sleep have a healthy diet
improve your mood skip breakfast
watch less TV

Day 1 I'm trying to 1 eat less sugar . If I'm hungry, I won't 2 eat sugary snacks cookies. I usually 3 skip breakfast , but I had a good meal this morning, so I hope I won't want a snack at 11 o'clock.

Day 3 Today I want to make sure I 4 drink enough water . My goal for the day is two liters! I'm also trying to take more time with my meals because I know I 5 eat quickly , and it isn't good!

Day 5 Not a good day today because I was tired, so I ate some chocolate for energy! :(I'm going to bed early tonight to make sure I 6 get enough sleep .

Day 7 Yay! First week done! The goal for next week is to start moving a lot more and 7 get fit ! I'm going to walk to school every day. I know that doing exercise can also 8 improve your mood - I feel more cheerful already.

Healthy habits

2 Match beginnings 1–5 with endings a–e.

- | | | |
|---|---|----------|
| 1 | I want to cut down | <u>b</u> |
| 2 | I don't want to cut | d |
| 3 | I love Saturdays because I can sleep | e |
| 4 | When I stick | c |
| 5 | I always sleep better if I turn | a |
| a | off my phone an hour before I go to bed. | |
| b | on unhealthy snacks. | |
| c | to a regular bed time, I feel less tired. | |
| d | out sugar, but I do want to eat less of it. | |
| e | in. I'm always tired by the weekend. | |

Modal verbs

1 Circle the correct option.

GET FIT IN FIVE MINUTES?

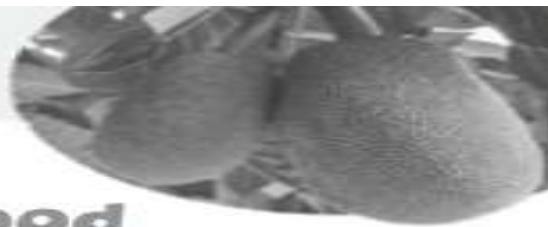


Experts now say that you **1 don't have to/mustn't** spend hours in the gym every day to get fit, but you **2 can/were able to** improve your fitness a lot by just exercising for five minutes a day. However, you **3 can/must** do the right kind of exercise! High Intensity Interval Training (HIIT) is a type of exercise where you **4 had to/have to** work very hard, but for very short periods of time. You typically do 30 seconds of an activity, then rest for ten seconds before starting again. You **5 mustn't/don't have to** rest for too long between the periods of activity, because it's important to keep your heart working hard. We asked our readers to try HIIT training for five minutes a day for four weeks. What were the results?

Four weeks ago, I **6 can't/wasn't able to** run for very long.
I **7 have to/had to** keep stopping to get my breath. Now I
8 can/was able to run for a full five minutes! *Ela (15)*

When I started the training, I **9 can't/couldn't** do sit-ups
or push-ups at all. But I **10 mustn't/didn't have to** do the
exercises for very long before I started to improve. Now you
11 can't/don't have to stop me! *Dan (14)*

- 2 Complete the text with the correct form of the verbs.



Jackfruit - an amazing Superfood

Some fruits and vegetables are known as 'superfoods' because they contain especially high levels of things our body needs 1 to stay (stay) healthy. And near the top of the list of superfoods is the jackfruit. This amazing fruit seems 2 to be (be) good for you in lots of different ways, from making your heart stronger to giving you clearer skin. If you aren't keen on 3 cooking (cook), it's possible 4 to have (have) it raw, as a fruit. Or you can cook it in lots of different ways. It's hard 5 to believe (believe), but when it is cooked it tastes very much like meat, so you can even use it 6 to replace (replace) meat in some dishes! So, if you enjoy 7 trying (try) new foods, and you want 8 to improve (improve) your health, buy a jackfruit!





thank
you

