

ENGLISH

REVIEW

3ro
SECONDARY

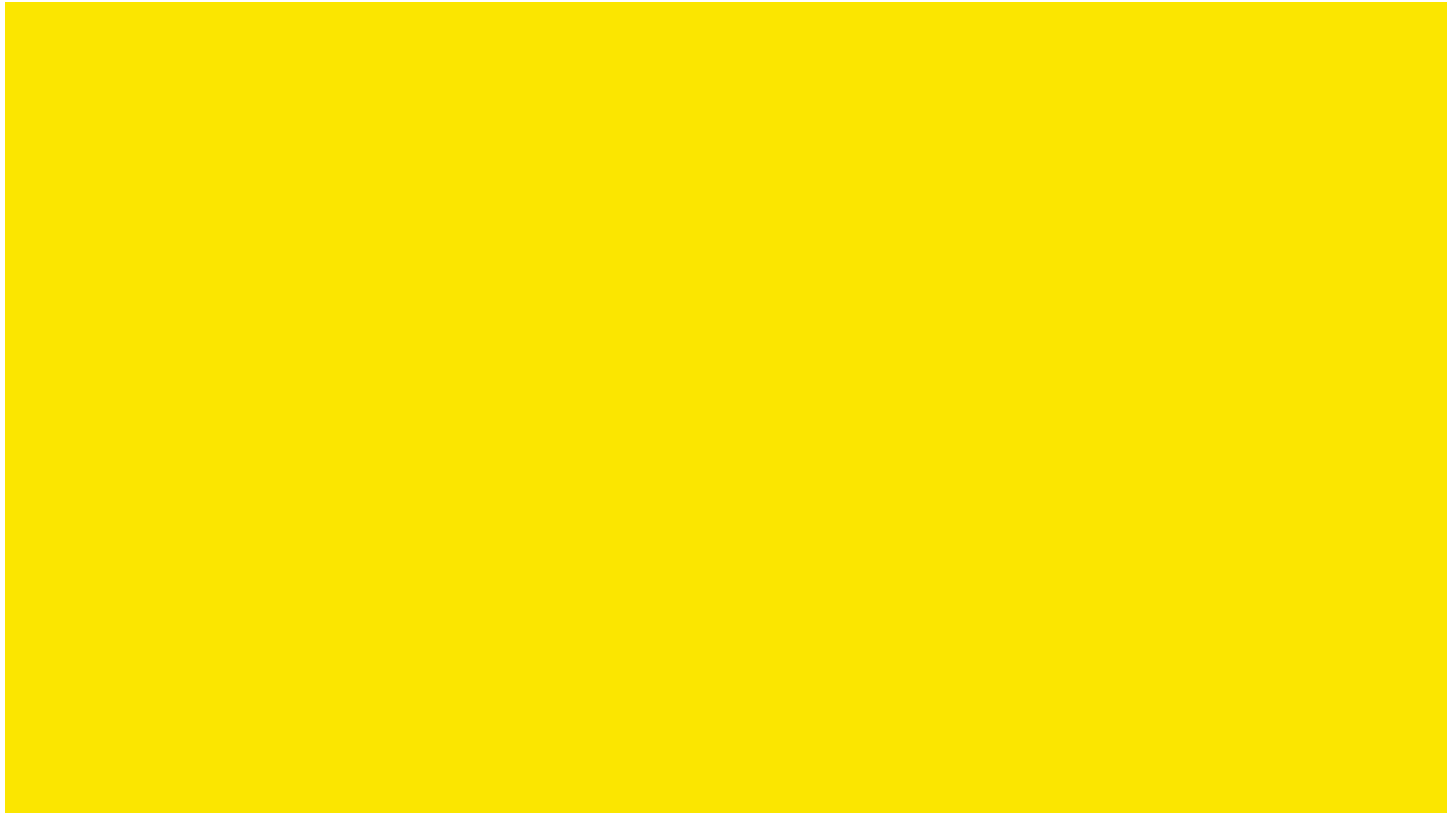
Chapters 7-8-9

Session A









 **SACO OLIVEROS**

HELICO MOTIVATION



Staying healthy; health and well-being

1 ☆ Match 1–6 with a–f to make ways to stay healthy.

- | | | | | |
|---|----------|--|----------|-----------------------|
| 1 | play |  | a | less TV |
| 2 | have a |  | b | exercise |
| 3 | watch |  | c | sports |
| 4 | eat |  | d | sugar |
| 5 | do |  | e | healthy diet |
| 6 | eat less |  | f | fruits and vegetables |

2 ☆☆☆ Complete the health advice with the phrases in the box.

drink enough water ~~eat quickly~~
have sugary snacks keep fit skip breakfast

**Health expert Oliver James
answers your health questions.**

1 How can I stop myself eating too much? **Eli**
Try slowing down and taking more time over your meals. If you eat quickly, it's easier to eat too much.

2 My brother eats four or five chocolate bars a day. Should I be worried? **Cara**
Yes. It isn't a good idea to have sugary snacks.
Suggest that he eats fruits instead.

3 I don't have time to eat in the morning. Is it OK to **skip breakfast**? **Joe**

No, it isn't. You'll find it hard to concentrate. Have a cereal bar if you don't have time for a proper meal.

4 I get lots of sleep, so why do I often feel tired in the afternoons? **Casper**

You might be dehydrated. Make sure you **drink enough water**

5 I hate football, and I'm not very good at running! Is it OK for me not to play sports? **Angus**

NO! It's really important to **keep fit**. Why don't you try swimming? It's a great workout!

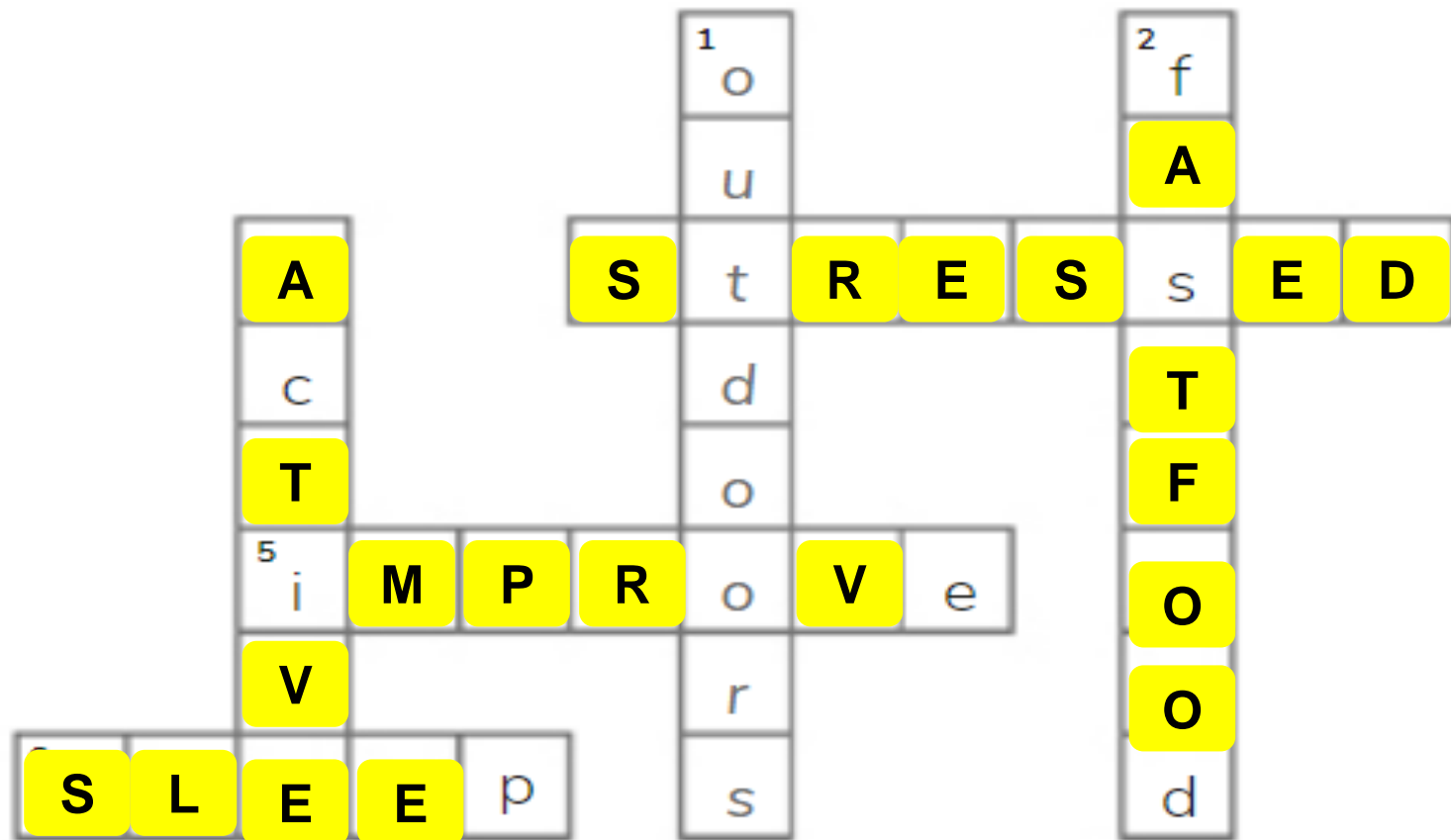
3 ☆☆ Read the clues and complete the crossword puzzle.

Down

- 1 It's good for your health to spend time outdoors and not stay inside all the time.
- 2 **Fastfood** like burgers is not very good for you.
- 3 If you are **active**, you are moving around and doing things, not just sitting down.

Across

- 4 It's important to find ways to relax when you feel **stressed**.
- 5 You can **improve** your mood if you eat the right foods.
- 6 It's important to go to bed early and get enough **sleep** every night.



- 4 ☆☆☆ Complete the New Year resolutions with one word in each space.

New Year, New Me!



I'm going to start:

- doing more exercise. I need to keep 1 fit !
- yoga, to help me relax when I'm feeling 2 **stressed**
- making sure I 3 **drink enough** water every day

I'm going to do more of:

- going to bed early, so I 4 **get enough** sleep
- 5 **Spending** more time outdoors – maybe running?

I'm going to stop:

- 6 **Skipping** breakfast – I'll eat something every morning!
- eating food that is bad for me. Only one sugary 7 **Snack** food a week, and not too much 8 **fast** food like burgers and fries!

Modal verbs

1 ☆ Circle the correct option.

- 1 Drinking more water **can give**/can to give you more energy.
- 2 You **can't get**/don't can get all the nutrients you need from fast food.
- 3 You **are must eat**/**must eat** fruits and vegetables to stay healthy.
- 4 You **mustn't have**/**mustn't to have** too many sugary snacks.
- 5 It's important to do exercise, but you **hadn't to**/**don't have to** do it every day.
- 6 My brother **could**/**can** swim when he was five.
- 7 Luckily, I **able to**/**was able to** finish the race.
- 8 Yesterday, I **don't have to**/**didn't have to** do any homework.

- 2** ☆☆ Circle the correct words to complete the surprising health facts.

Six surprising health facts

- 1 Eating a small amount of sugar ____ give you energy. But it isn't good to eat too much.
a must b doesn't have to c **can**
- 2 You ____ move around to stay healthy. It's important to study, but people who take breaks to move around don't get sick as much.
a don't have to b can **c must**
- 3 Listening to music helps some people to concentrate. In one study, people who were listening to music while they reviewed ____ concentrate better and learn more than those who weren't.
a were able to b can c could

- 4 Your body _____ get all the nutrients from food quickly. It takes hours for your digestive system to work properly after each meal.
a has to **b can't** c must not
- 5 Writing things by hand improves your memory. In the past, people _____ write most things by hand, but now we rely on phones and computers.
a have to b must **c had to**
- 6 Your eye muscles are the most active muscles in your body. They _____ move more than 100,000 times a day!
a had to **b have to** c can't

3 ☆☆☆ Complete what the people say about health with the modal verbs in the box. There is one modal verb you don't need.

~~can't~~ couldn't don't have to had to
must mustn't were able to

You **1** can't get fit by playing video games! You need to do some exercise!

Running a 5 km race is a great idea, but you **2** must spend enough time practicing, so you don't do too much and hurt yourself.

You shouldn't make people do particular kinds of exercise. I **3** had to go swimming at my last school and I hated it!

You 4 **mustn't** forget about your health during school breaks. It's important to stay active and eat the right foods.

You 5 **don't have to** join a sports club to keep fit. Simply walking or biking to school will improve your health a lot.

Don't give up if you aren't very good at a sport. I 6 **couldn't** play tennis at all when I was younger, but I started practicing and now I'm starting to win matches!

4 ☆☆☆ Complete the sentences with the correct modal verbs and the verbs in parentheses.

- 1 You need good food. Your body can't work (work) well without it.
- 2 It's a good idea to eat fewer sugary snacks, but you don't have to give up eating chocolate completely.
- 3 It's important to rest when you're tired, and you mustn't do (do) exercise when you have an injury.
- 4 I couldn't meet my friends on Saturday because I had to stay (stay) at home and help my parents.
- 5 Luckily, I felt much better last night, so I was able to finish (finish) my homework on time.
- 6 We got free tickets for the show, so we didn't have to pay (pay) anything!

5 ☆☆☆ Your friend wants to be healthier and asks for your advice. Give some advice and talk about some of the things you did last week to be healthy. Use modal verbs.

1 You mustn't _____

2 Yesterday, I had to _____

3 Last week, I wasn't able to _____

Personal answers

Healthy habits

- 1** ☆ Complete the phrases for healthy habits with the verbs in the box.

~~cut~~ get stick take talk turn

- 1 cut down on sugary snacks
- 2 **Turn** off electronics
- 3 **Talk** through problems
- 4 **Get** up early
- 5 **Stick** to an exercise plan
- 6 **Take** care of yourself

2 ☆☆ Circle the correct option to complete the advice.

Healthy habits for success

Who do you want to be like? Rafael Nadal? Jennifer Lawrence? Of course, people become successful for different reasons and in many different ways. There is no one secret to success, but here is a list of habits that a lot of successful people share.

Rise and shine!

1 Get up/Stay up/Keep up early, and if possible, do some exercise before breakfast. It's OK to 2 sleep on/stay in/sleep in sometimes, but don't do it regularly.





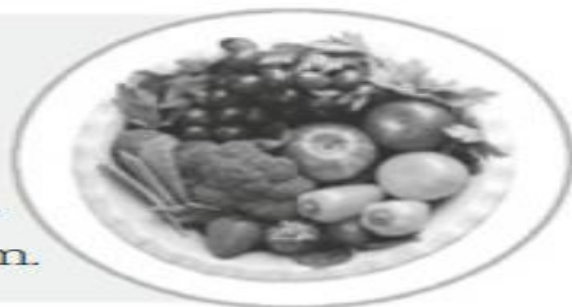
Get organized!

Make a plan for each day and **3 stay to/stick to/keep on** it! It's the best way to get things done.

!

Eat well!

A healthy diet gives you more energy and helps you to think better. You don't need to stop eating your favorite unhealthy foods, but definitely **4 cut out/cut down/cut off** on them.



Share your problems! If you have problems, don't keep them to yourself.

5 Speak through them/Talk with them/Talk them through with someone else, to find a solution.

3 ☆☆ Read the sentences. Are the phrasal verbs in bold **T** (transitive) or **I** (intransitive)?

- 1 I never **get up** early on the weekend. I
- 2 You really need to **cut down on** chocolate! T
- 3 I'm glad it's Saturday tomorrow because I can **sleep in** on the weekend! I
- 4 It's a good idea to **turn off** your phone and tablet an hour before you go to bed. T
- 5 It's very difficult to **cut out** sugar completely. T
- 6 We **stayed up** until midnight last night! I

- 4 ☆☆☆ Find and correct five mistakes in the advice about staying healthy at exam time.

How to stay healthy at exam time



We all know it's important to ~~have care for~~ yourself and look after your health, but this is even more important at exam time. It isn't a good idea to ~~keep up~~ late reviewing. It's much better to go to bed early and then ~~wake up~~ feeling fresh in the morning. To help you sleep, you should definitely ~~turn out~~ your phone before you go to bed, and it's a good idea to ~~drop out~~ sodas in the evenings because they have caffeine in, and this can stop you sleeping.

1

take care of

2

stay up

3

wake up

4

turn off

5

cut out

5 ☆☆☆ How healthy are you? What healthy habits do you have, and what habits do you need to improve? Write a short paragraph. Use at least five of the phrasal verbs in the box.

cut down on cut out get up stay up
stick to talk through turn off wake up

**Personal
answers**



thank
you

