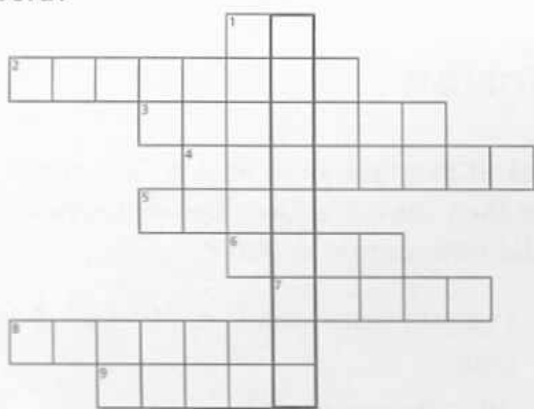


4 Feeling good, looking good

Vocabulary

Healthy and unhealthy habits

- 1 Complete the advice about being healthy. Write the answers in the puzzle. What is the mystery word?



1 Don't sit in front of the TV.

2 Don't sit in front of the _____.

3 Go _____.

4 Do _____.

5 Don't eat _____ food.

6 _____ to school.

7 _____ your teeth.

8 Don't drink _____.

9 Don't _____.

The mystery word is _____.



Grammar

The comparative form of adjectives

- 2 Write the comparative form of these adjectives.

a	old	<u>older</u>
b	big	_____
c	heavy	_____
d	exciting	_____
e	good	_____
f	hot	_____
g	bad	_____
h	nice	_____
i	easy	_____
j	small	_____
k	difficult	_____

- 3 Choose the correct alternative.

- My bag is bigger/more big than yours.
- Studying is more important that/than playing computer games.
- A kilo of rocks isn't heavy/heavier than a kilo of sugar.
- David Beckham is more famous/famous than Tony Blair.
- I think cats are more good/better pets than dogs.
- Killing is a worse/more bad crime than stealing.
- A Seat car is cheaper/more expensive than a Ferrari.

See

→ Workbook Extra page 112

More practice

→ Revision/Extension pages 69–71

Grammar

The superlative form of adjectives

4 Write the superlative form of these adjectives.

- | | | |
|---|----------|-------------------|
| a | old | <u>the oldest</u> |
| b | long | _____ |
| c | silly | _____ |
| d | boring | _____ |
| e | good | _____ |
| f | big | _____ |
| g | bad | _____ |
| h | famous | _____ |
| i | friendly | _____ |
| j | fat | _____ |
| k | short | _____ |

5 Use the superlative form of the adjectives below to describe the trainers.

strong light popular good heavy
small big expensive



- a The Beerok trainers are the lightest.
- b _____
- c _____
- d _____
- e _____
- f _____
- g _____
- h _____

Grammar

Comparatives and superlatives

6 Complete the text with the comparative or superlative form of the adjectives given.

In a survey of 2,000 British kids in a teenage magazine, the kids voted that science teachers are the (a) most boring (boring) of all. The (b) _____ (popular) subjects in the survey are art, PE and English. English is (c) _____ (popular) than maths. That's possibly because many students find maths (d) _____ (difficult) than English and their maths marks are (e) _____ (bad) than their English marks. For the majority of students PE is the (f) _____ (easy) subject of all, and the (g) _____ (funny)! 16% of the kids love school, and 70% think it's OK – it's (h) _____ (good) than staying at home all day. Perhaps the (i) _____ (bad) thing of all about school is homework. Most 15 year-old students spend 11 hours 28 minutes on homework each week.



See

More practice

→ Workbook Extra pages 96–97

→ Revision/Extension pages 69–71

Giving advice with should and shouldn't

- a To look after your heart you shouldn't
- b To be happy in life you shouldn't
- c To learn a language you should
- d To make friends you should
- e To be a good parent you should
- f To become a good tennis player you should
- g To run a marathon you shouldn't

a 2 b c d e f g

1 To look after your heart you should eat a lot of fresh fruit and vegetables.

2 _____

3 _____

4 _____

5 _____

Adjectives describing clothes

a tight b aggy
b modern o _____
c dark b _____
d expensive c _____
e casual s _____

A black and white cartoon illustration of a man in a 19th-century style. He has a long, dark coat with a ruffled collar and a decorative brooch. He is holding a small tag with the number '200' in his right hand and a small bag in his left. He is wearing striped trousers and high-top shoes.

→ Revision/Extension pages 69–71

Grammar

Too and not enough

11 Put the words in the correct order.

- a too shirt This big is.
This shirt is too big.
- b isn't This shirt enough big.

- c Eighty is for too pounds expensive me.

- d bright This is shirt enough not.

- e too This is shirt old.

- f warm isn't This T-shirt enough.

12 Match the pictures with the sentences in 11.



1 C 2 3 4 5 6

13 Complete the dialogue with *too* or *not ... enough* and the adjectives.



- Anita Why are you tired? We only ran for two minutes.
- Bob I know. I'm (a) not fit enough (fit) to run.
- Anita Why don't you do more exercise?
- Bob I'm (b) (lazy), and I don't like running.
- Anita Do something relaxing like yoga.
- Bob Yoga? No, it's (c) (boring).
- Anita Yes, I understand that. It is (d) (exciting) for me, either. Well, change your diet. How much do you weigh?
- Bob About 120 kilos.
- Anita That's (e) (heavy). Perhaps the food you eat is (f) (healthy).
- Bob But I'm 60. I'm (g) (old) to change my diet now.
- Anita You're never (h) (old) to be careful with your health. You should always try to have healthy habits!

See

More practice

→ Workbook Extra page 112

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Reading

Flying Phil!

In 2004 Philip Rabinowitz won a place in the *Guinness Book of World Records*. He ran 100 metres in a record time. No, he didn't do it in under 10 seconds. In fact, he took 30.86 seconds. That's not fast, you say? It is when you're 100 years old!

Philip Rabinowitz was born in South Africa in 1904 and he's still very active. He works in his daughter's factory and walks there every day, a distance of approximately six kilometres. In July 2004 he destroyed the previous record for 100-year-olds running 100 metres. That record was 36.19 seconds set by the Austrian Erwin Jaskulski. It's obvious why people call Mr Rabinowitz 'Flying Phil'.

'Oh I feel wonderful now, absolutely wonderful,' he said to reporters when he broke the record. 'I don't know how long it's going to be like this. Every time I go, I break my own record. I get younger and younger!' In fact, when Phil completed the 100 metres he didn't stop. He continued running, saying that he had to help his friend Superman in fighting crime.

So what are Phil's secrets for being so healthy at the age of 100? His answer is simple: fresh orange juice before breakfast, an apple after each meal, working, and lots of walking!



1 Read the text and choose the best title.

- a The fastest man in the world
- b 100-year-old man breaks 100 metres record
- c How to live to be 100

Read the text. Are the sentences true or false?

- a Philip Rabinowitz was 100 years old when he broke the 100 metres record. True
- b Philip Rabinowitz runs to work every day. _____
- c Philip Rabinowitz's record was more than five seconds faster than Erwin Jaskulski's record. _____
- d Rabinowitz was totally exhausted when he finished the 100 metres. _____
- e Eating good food is Rabinowitz's one and only secret for being healthy at 100. _____

Extension

3 Answer the questions below.

- a Why is Philip Rabinowitz in the *Guinness Book of World Records*?

- b What special name do they call Philip Rabinowitz and why?

- c What are Philip Rabinowitz's healthy habits?

Writing

Writing opinions

Some opinions about TV and sport:

- a Watching TV is boring.
- b Sport is too competitive.
- c You can hurt yourself playing sport.
- d TV stops you from thinking.
- e Sport is a great way to make friends.
- f Sport helps you to be physically healthy, and that helps you to think, too.
- g Sitting in front of the TV for a long time is bad for you.
- h Watching TV can be educational.
- i Watching TV can help you to become creative.
- j Sport can help you live longer.



1 Read the opinions. Which are ...

- a in favour of TV?
- b in favour of sport?

2 Put a tick ✓ next to the opinions you agree with and a cross X next to the ones you don't agree with.

3 Write a text with the opinions you ticked in 2 and these expressions of opinion.

In my opinion

_____ think that

_____ I don't think that

I'm not sure if

Extension

4 Write a minimum of three sentences giving some of your own ideas about sport or TV.
