Vocabulary Practice

- Look at the words in bold on page 69 and try to explain them.
- 2 Fill in the correct word(s) from the list below:

let alone rejecting predicting adolescence signify gain glowing skin consume nutrients limit research tend to

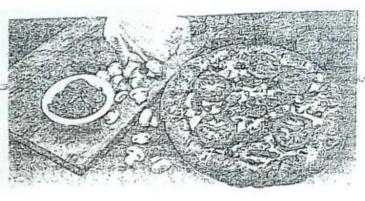
- 3 You should the amount of chocolate you eat if you want to lose weight. (restrict)
- 4 The stars on the label that the brandy is of the best quality. (mean)

 - 7 Jill is overweight because she ate so much junk food during her (teenage years)
 - 8 Her ______ is a result of all the fruit and vegetables she eats. (healthy-looking complexion)
 - 9 More and more people aremeat in favour of more fruit and vegetables. (not accepting)
 - 10 Unless you cut down on junk food and swects, you will.......weight! (put on)

 - Fill in the correct word(s) from the list below. Use the words only once.

roun	ขตรเ	chocolate	junk
eating	couch-potato	to do	to keep
gourmet	balanced	heart	saturated
fast-moving	the pressures	high	side

	,		
1	a(n) world	9	of modern life
2	bars	10	iat
3	a(n) lifestyle	11	service
4	the body fit	12	no harm
5	in calories	13	a(n) dist
	food		c.snes
6		15	the majority
7	habits	16	effects
3	disease	10	***************************************



- & Choose the correct item.
- 1 As he didn't want to cook, he decided to a pizza instead.
 - A ask for B demand C order D command
- 2 She had no time to go out for lunch so she a snack instead.
 - A grabbed B snatched C took D bit
- 3 I hope I won't weight while I'm on holiday.
- A earn B win C put D gain
- 4 After the Christmas holidays, I am going on a because some of my favourite clothes don't fit me anymore.

 A diet B fast C nutrition D health
 - Fill in the correct particle.
- 1 Don't forget to turn the cooker before you leave. (switch off)
- 2 Steve finally turned at the party two hours late. (arrived unexpectedly)
- When she is in trouble, she always turns her parents. (goes to sb for help)
- 4 He turned the job offer because the money they offered him wasn't good. (rejected)
- 5 Pierre turned to be the most creative chef they had ever employed. (proved to be)
 - Fill in the correct preposition, then choose any five items and make sentences.

1) to be popular sb; 2) to be high calories; 3) to be associated sb/sth; 4) to be aware sth; 5) to suffer sth; 6) to deal sb/sth; 7) to be lacking sth; 8) the loss sb/sth; 9) to miss out sth; 10) to prefer sb/sth sb/sth

Talking Points

Read the whole text again and make notes under the following headings:

> Reasons for the popularity of junk food Dangers of eating junk food Positive effects of eating healthy food

Then, give a short talk about junk food. Use the following expressions: Although, Moreover, However, In spite of the fact that, I believe, I think, In my opinion, etc.