

1 Health and fitness

Complete the texts with the words in the box.

check-up	moderation	six-pack
complaint	processed	symptoms
dominates	scratch	vice
fanatic	shape	
hypochondriac	sit-ups	

- I'd describe myself as a pretty healthy kind of person. I try and steer clear of food as much as I can. I try and use fresh ingredients wherever possible and cook all my meals from I do drink, but only in and my only real is chocolate.
- I think she's a bit of a She always thinks she's got the of some terrible disease and she's always going on about some imaginary or other. She must drive the doctor mad as she's in there for a every other day!
- He's a bit of a fitness He's obsessed with having a , so he does about 300 a day! Don't get me wrong – he's in incredible , but staying that way just his whole life!

2 Staying in shape

Match the verbs with the words they collocate with.

- | | | |
|----------------|--------------------------|---------------------------------|
| 1. work out | <input type="checkbox"/> | a. a healthy diet |
| 2. cut down on | <input type="checkbox"/> | b. active |
| 3. keep | <input type="checkbox"/> | c. what I eat |
| 4. take | <input type="checkbox"/> | d. of junk food |
| 5. stick to | <input type="checkbox"/> | e. 50 lengths |
| 6. eat | <input type="checkbox"/> | f. rowing |
| 7. snack | <input type="checkbox"/> | g. vitamins and supplements |
| 8. steer clear | <input type="checkbox"/> | h. the amount I eat |
| 9. watch | <input type="checkbox"/> | i. on fruit and nuts |
| 10. swim | <input type="checkbox"/> | j. lots of greens |
| 11. get | <input type="checkbox"/> | k. at the gym four times a week |
| 12. go | <input type="checkbox"/> | l. plenty of sleep |

3 Talking about how people are

Complete each conversation with one of the groups in the box, putting the words in the correct order.

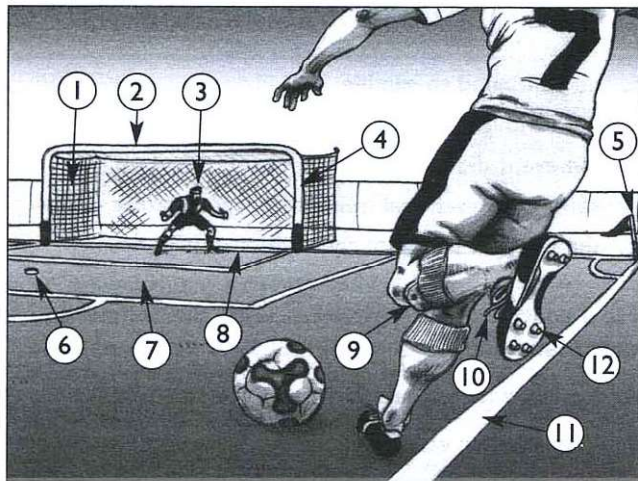
agony + pulled + crutches	over + down + chucked
burn + knackered + dog	stiff + cramps + overdo
chest + round + down	tore + recover + operated
death + overdid + rough	wrapped + love + under

- A: We must've been playing for about three hours and I got by the end. Honestly, I'm so this morning, I can hardly walk.
B: You should be careful not to it.
- A: I a hamstring when I was running and had to hobble two miles to get home.
B: That must've been How long will you have to be on ?
- A: I my cruciate ligament while I was away skiing in France and they on me out there.
B: God, that's dreadful. So how long do they reckon it'll take you to ?
- A: I'm I've been working like a recently.
B: You need to be careful. It must be very easy to out in a pressurised job like yours.
- A: I'm feeling really I it a bit last night.
B: You do look a bit like warmed up!
- A: She's feeling a bit the weather. I left her up in bed.
B: Oh dear. Well, send her my I hope she gets better soon.
- A: He's a bit in the dumps. His girlfriend him last week.
B: What a shame. Still I'm sure he'll get it soon enough. Plenty more fish in the sea!
- A: I think I'm coming with something. I can feel it in my and throat.
B: I think there's some fluey virus going

4 Football

Label the picture with the words in the box.

bar	laces	post
corner flag	net	shin pad
goal-line	penalty area	studs
keeper	penalty spot	touchline



- | | | |
|---------|---------|----------|
| 1. | 5. | 9. |
| 2. | 6. | 10. |
| 3. | 7. | 11. |
| 4. | 8. | 12. |

5 Talking about football

Complete the sentences with eight of the words from Exercise 4.

- It was a nasty foul. He went into the tackle with his up.
- We should've won, but their made a couple of incredible saves.
- My were undone and I tripped over them just as I was about to shoot!
- It's a free kick, because the keeper handled the ball outside the
- I thought it was going in, but the keeper tipped it over the
- They had a penalty, but they put it wide of the
- It was a great chance. He should really have stuck it in the back of the
- Their manager was on the, screaming the whole time!

6 Adjectives

Match the adjectives with the nouns they go with.

civic	malign	salutary
cutthroat	mind-numbing	universal
foul	pathetic	unprecedented

- attempt / joke / excuse
- business / market / razor
- delight / outrage / agreement
- language / mood / smell
- effect / work / boredom
- lessons in life / warning / experience
- influence / motives / effect
- duty / pride / leaders
- move / step / levels / growth

Language note

A *malign* influence is one that causes harm. If someone has been unfairly criticised, you can say they are *much maligned*.

7 Sports idioms

Complete the idioms with the words in the box.

court	game	sailed	shot	towel
fish	horse	sea	sights	

- We want to buy a house, but we might have to lower our and settle for a flat.
- I'll give it my best, and if it doesn't work out, then I guess it wasn't meant to be.
- I just about scraped through the exam, but my brother through with flying colours!
- I've told you what I think. The ball's now in your It's up to you what to do about things.
- I gave it my best shot, but after one awful grammar lesson, I decided to throw in the
- The government needs to be very careful. Backing the wrong in a situation like this is a gamble that could well be paid for in blood!
- When I found out they'd broken the contract behind our backs, I thought, 'Two can play that !'
- I know she dumped you and it hurts, but there's plenty more in the