

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

### QUIZ: HEALTHY OR NOT?

- 1 Watch the video up to 01:36. Circle the correct options.
- Dora is doing a quiz about healthy food / habits.
  - According to the quiz, she isn't getting enough sleep.
  - She thinks most people need eight / ten glasses of water a day.
  - The quiz says that people who are / aren't active don't need much water.
  - She thinks that you need to exercise three / five times a week.
  - The quiz says you need to work out once a week / every day.

- 2 Look at the phrases in the box. How do you say them in your language? Use the phrases to complete the conversations.

Why don't we ...      Oh, dear!  
... right?              OK, then.

- It's good to do exercise every day, right ?
- A Let's go and play football. B OK, then .
- A I've left my homework at home!  
B Oh, dear !
- A Why don't we go out for an ice cream?  
B That's a great idea!

- 3 Watch the video from 01:36 to the end. Match 1-6 with a-f to make rules.

- We use *too*
- We use *many*
- We use *much*
- We use *enough*
- A few* means
- A little* means

c  
a  
f  
b  
e  
d

- with countable nouns.
- to talk about necessary amounts.
- to say that something is more than needed.
- 'some but not much'.
- 'some but not many'.
- with uncountable nouns.

- 4 Circle the correct options.

- It's cold. Is your coat warm enough / too warm?
- I'm hungry. Could I have a little / a few biscuits?
- They don't have enough / many people for a team.
- We have too much / many homework every day.
- Could you put a little / a few honey in my tea?
- I don't have enough time / time enough to work out.

- 5 Complete the sentences with the words in the box.



a few   a little   enough (x 2)  
too many   too much

- You need to do a little exercise every day.
- Most people don't drink enough water.
- The train was really busy. There were too many people on it.
- Are you tall enough to join the basketball team?
- I need a new laptop, but it costs too much money.
- We need to win a few football matches to get to the final.

- 6 Circle the correct options.

- Please close the window. It's ... in here.  
a too cold      b much cold      c enough cold
- Susan got depressed because she wasn't getting ...  
a sleep enough                      c enough sleep  
b a little sleep
- Hurry up! The train leaves in ... minutes.  
a a few              b a little              c too many
- The sports field is ... for us to play football.  
a enough big      b many big      c big enough
- Everyone needs ... time to relax.  
a a few              b a little              c much

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## HOW TO MEDITATE

- 4.3 **1 Watch the video up to 01:19. Are the sentences T (true) or F (false)?**

- Alex's physics teacher gave him advice. F
- He said they need to train their minds. T
- You need to breathe in slowly and breathe out quickly. F
- While you breathe, you should think about maths. F
- You should imagine yourself performing better. T
- You should focus on not making mistakes. F

- 2 Look at the phrases in the box. How do you say them in your language? Put the conversation in the correct order and complete the phrases.**

Here's the cool thing.  
So, here's how.  
Let me know if it works.

- 1 A** Guess what? I'm learning to meditate!
- 5 A** Here's the cool thing. You can get better at sport!
- 7 A** Let me know if it works.
- 3 A** So, here's how: Close your eyes and breathe slowly in and out.
- 6 B** OK. Maybe I'll try it!
- 4 B** Is that all? How does it help?
- 2 B** Really? What do you do?

- 4.3 **3 Watch the video from 01:19 to the end. Complete the rules with the words in the box.**

do or does   ought   should   shouldn't   to

- We use should and *ought to* to give advice.
- We use shouldn't to say something is a bad idea.
- Questions with *should* do not use do or does.
- We don't use to after *should* or *shouldn't*.
- We always use *to* and the infinitive after ought.

- 4 Complete the sentences with *should*, *shouldn't* or *ought*.**



- Patricia shouldn't look at her phone while she's pouring water.
- You ought to eat vegetables every day.
- Children shouldn't eat too much chocolate.
- What should you eat to get more protein?
- Sandra thinks she ought to eat more fibre and less fat.

- 5 Complete the sentences with *should*, *shouldn't* or *ought* and the phrases in the box.**

I do to be more relaxed   practise more often  
stay up so late   to lie down and rest

- We didn't reach the tennis final last year.  
You should practise more often.
- I'm always tired in the morning.  
You shouldn't stay up so late.
- I've got a terrible headache.  
You ought to lie down and rest.
- I read about how stress affects your health.  
Really. What should I do to be more relaxed?

- 6 Circle the correct options.**

- Everyone ... to eat a balanced diet.  
a ought   b should   c shouldn't
- You ... think about making mistakes before a match.  
a ought to   b should   c shouldn't
- What ... to improve my test score?  
a I should do   c should I do  
b do I should do
- You ... try to stay calm before an exam.  
a shouldn't   b should   c ought