

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 *is / 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, _____?
- A** Let's go and play football. **B** _____.
- A** I've left my homework at home!
B _____!
- A** _____ 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 ☐
- a with countable nouns.
b to talk about necessary amounts.
c to say that something is more than needed.
d 'some but not much'.
e 'some but not many'.
f 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 _____ exercise every day.
- Most people don't drink _____ water.
- The train was really busy. There were _____ people on it.
- Are you tall _____ to join the basketball team?
- I need a new laptop, but it costs _____ money.
- We need to win _____ 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

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

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

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!
- ☐ A Here's _____ thing. You can get better at sport!
- ☐ A Let me _____ if it _____.
- ☐ A So, _____ how: Close your eyes and breathe slowly in and out.
- ☐ B OK. Maybe I'll try it!
- ☐ B Is that all? How does it help?
- ☐ B Really? What do you do?

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

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

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



- 1 Patricia _____ look at her phone while she's pouring water.
- 2 You _____ to eat vegetables every day.
- 3 Children _____ eat too much chocolate.
- 4 What _____ you eat to get more protein?
- 5 Sandra thinks she _____ 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

- 1 We didn't reach the tennis final last year.
You _____.
- 2 I'm always tired in the morning.
You _____.
- 3 I've got a terrible headache.
You _____.
- 4 I read about how stress affects your health.
Really. What _____?

6 Circle the correct options.

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