Lesson 1

1 Match.

| 1  | taste   | a | you use your nose for this |
| 2  | sound   | b | you use your ears for this |
| 3  | sight   | c | you use your eyes for this |
| 4  | touch   | d | you use your mouth for this |
| 5  | smell   | e | you use your hands for this |

2 Circle the correct words.

1 Tennis is a physical / muscle activity.
2 I don't feel sensible / energetic if I sleep badly.
3 I was very emotional / tough when my sister left for university.
4 Exams bring lots of time / stress to students.
5 My muscles are often easy / sore after running.
6 Taste is one of the five senses / feelings.

3 Write the missing letters.

1 It's important to eat a healthy diet.
2 When you feel happy in a place you feel comfortable.
3 If you put your mind to it, you will succeed.
4 When you break your arm you are in pain.
5 Before a test you can feel nervous and tense.
6 If you exercise every day you will be healthy and fit.
7 Don't forget to breathe when you are stressed!
4 Choose the correct answers.

1. He can leave it here ...
   a) for five minutes.
   b) until he came back.

2. She could cook very well ...
   a) with less practice.
   b) when I knew her.

3. He could play sports ...
   a) by 7 p.m.
   b) when he was young.

4. We can finish our project ...
   a) next week.
   b) last week.

5. She can play the piano ...
   a) when her arm is better.
   b) a few years ago.

6. We couldn’t find it ...
   a) until tomorrow.
   b) when we looked for it.

5 Complete the sentences with the correct form of be able to and the verbs in brackets.

1. I’m sorry but I haven’t been able to find (find) your dog yet.

2. I ___________________________ (unlock) the door. I think this must be the wrong key.

3. Mary _________________________ (give) Jean any advice because she didn’t know what to say.

4. ___________________________ (Jack / leave) the hospital tomorrow afternoon?

5. I ___________________________ (come) to football practice tomorrow because I have a dentist’s appointment.

6. She ___________________________ (play) the piano when she was just four years old. She was very good!

6 Look at the pictures and write T for (True) and F for (False).

1. The girl is able to run faster than the boy.  
   F

2. Most people can’t eat this.  
   T

3. She isn’t able to cycle to the gym.  
   F

4. This girl is able to ride her bike.  
   T

5. He can go to school.  
   T

6. She was able to win the race.  
   F
Lesson 2

1 Circle the odd one out.

1 anxious tense satisfied
2 memory suffer pain
3 brain arm benefit
4 depressed happy negative
5 positive belong self-confident

2 Choose the correct answers.

1 ‘Excuse me. Could I try ____ these football boots, please?’
   ‘Yes, of course.’
   a in
   b on
   c off

2 My favourite film company has just brought ____ a documentary about the brain.
   a out
   b over
   c off

3 You should always put your helmet ____ before you cycle.
   a on
   b off
   c up

4 ‘This new exercise bike really caught ____ this year.’
   ‘Yes. I’m going to buy one too.’
   a up
   b on
   c over

5 ‘Take ____ your coat and hat and put them on that chair.’
   ‘Can I put my umbrella there too?’
   a on
   b up
   c off

3 Circle the correct words.

1 Studying hard produces/benefits good exam results.
2 Regular exercise helps you to stay positive/negative.
3 There are lots of people who live/suffer from pain in the world.
4 Going hiking improves my mood/brain.
5 People who are less active/interested are more likely to feel depressed.
6 If you are self-confident/negative, you feel good about yourself.
7 Deniz is a great footballer and she belongs/breathes in our team.
8 Your memories/muscles are the things you’ve done that you remember.
4 Complete the sentences with must or can’t.

1. That man is wearing a suit and tie. He ______ be the shop manager.
2. This ______ be Mum’s tennis racket; you know she hates tennis.
3. That ______ be Carl; he won’t be back from Egypt until Friday.
4. Those are really nice trainers. They ______ be very expensive.
5. She ______ know a lot about health; she buys four health magazines every week!
6. Mario ______ be very happy; he looks depressed every day.

5 Circle the correct words.

1. Kelly must / might enjoy playing ice hockey; let’s invite her, too.
2. Christine must / may be very positive; she’s always smiling and laughing.
3. This can’t / might not be a hospital; there aren’t any doctors here!
4. May be / May I try on this dress?
5. They can’t / may not have time to visit the museum.
6. Andy may be / maybe anxious about his exams.

6 Choose the correct answers.

Hala: Mum said that she (1) ______ buy me some new hiking boots at the weekend if she has time to go shopping.

Jade: Oh, that’s nice. She (2) ______ be happy with you for some reason.

Hala: Well, yes, she is. She was really pleased with my exam results. She (3) ______ buy me some new trainers, too! It’s good to benefit from all that hard work.

Jade: I’ve seen some fantastic trainers at Sports World. They’re silver and pink. I think they were designed by a famous athlete though, so they (4) ______ cost a lot of money.

Hala: But Sports World only sells cheap clothes and shoes. Those trainers you saw (5) ______ be expensive.

Jade: Well, why don’t you ask your mum to take you there on Saturday? You never know – you (6) ______ find some other things you like, too.

1. a must  b might  c can’t
2. a might  b can’t  c must
3. a can’t  b maybe  c may
4. a must  b can  c might not
5. a may  b can’t  c must
6. a might  b must  c can
**Lesson 3**

1 **Complete the sentences with these words.**

- exhausted
- hurt
- terrible
- upset
- go
- helpful

1 Bob really **hurt** my feelings when he said my clothes were ugly.
2 I think Sara is **terrible** after playing basketball all day.
3 My brother often cleans the house and waters the plants. He’s very **helpful**.
4 I’m **upset** because my best friend has moved to Australia.
5 Maria is **exhausted**, at art, but she’s very good at maths.
6 If you let **terrible** of your negative thoughts, you will be more self-confident.

2 **Rewrite the sentences with the words given in brackets and any other words that are necessary.**

1 Doing more exercise is a good idea. (should)
   You **should** do more exercise.
2 Don’t eat so many snacks. (must)
   You **must** eat so many snacks.
3 It’s important that you clean your teeth every morning. (ought)
   You **ought** to clean your teeth every morning.
4 It isn’t necessary to go to school today. (have)
   We **haven’t** to school today.
5 It isn’t necessary for Stella to take the pills. (doesn’t)
   Stella **doesn’t** the pills if she doesn’t want to.
6 You have to eat less food if you want to lose weight. (must)
   You **must** eat less food if you want to lose weight.

3 **Look at the pictures and write the correct sentences.**

**SAY IT LIKE THIS!**

- Do you think I should join?
- What do you think I should wear?
- We’d better not touch them.
- Why don’t you cycle to school?

1 **We’d better not touch them.**
2 ______________________
3 ______________________
4 ______________________

52 UNIT 7
4 Read the letter and answer the questions.

Dear Robyn,

My mother recently had a beautiful baby boy. He’s really sweet and never cries or wakes up in the night. The problem is that my mum and dad spend all their time with the baby. Nobody ever has any time for me. When I come home from school my mum is always busy with the baby – even my friends spend all their time with the baby when they come to my house! So now I feel sad instead of happy about my baby brother. What should I do?

Clare, 12

1 What is Clare’s problem?
   Her mum and dad spend all their time with the baby.

2 What happens when she comes home from school?

3 What do her friends do when they visit her house?

4 What advice could you give her?

5 Write a reply to the letter in Activity 4, giving advice to Clare. Don’t forget to use the phrases in the Remember! box for giving advice. Use this plan to help you.

Begin like this:
Dear Clare,

Paragraph 1
Talk about your own experience or a friend’s in the same situation.

Paragraph 2
Say what Clare should do – use your ideas from Activity 4.

Paragraph 3
Wish her luck in solving her problem.

End like this:
Good luck,
(your name)