

6

Vocabulary Review

1 Complete the table with the words below. Then add at least one more word to each category.

addictive antacid antibiotics antihistamine bandage bruise carbohydrate
cholesterol cough fresh high-calorie mineral painkillers pedal
processed protein pump rash sprain tablets tasty virus wound X-ray

exercise verbs	_____	_____	_____	_____	_____	_____	_____
nutrition	_____	_____	_____	_____	_____	_____	_____
food adjectives	_____	_____	_____	_____	_____	_____	_____
illnesses and injuries	_____	_____	_____	_____	_____	_____	_____
treatments and remedies	_____	_____	_____	_____	_____	_____	_____

2 Choose the correct verbs to make exercise collocations. Then make up a sentence with each collocation.

- 1 push / beat myself to the limit
- 2 keep / do aerobics
- 3 lift / play weights
- 4 go / attend a fitness class
- 5 be / go competitive
- 6 play / keep fit

- 7 do / beat an opponent
- 8 play / pedal a team sport

When I do exercise, I usually ... myself to the limit.

3 Complete the words for illnesses, injuries and symptoms. Then put the letters in the grid below to find a treatment.

te¹⁵__7__er¹__3__ur¹³__

f¹²__a¹⁰__ture

he¹⁴__r⁸__bur²__

¹¹__he⁵__t⁹__nf⁶__ct⁴__on

1	2	3	4	5	6	7	8	9	10
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11	12	13	14	15
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4 **WORDSEARCH** Find these words in the grid below. Words read ↓ and →.

additives calcium calories
fibre nutrient vitamin

q	t	d	w	g	g	t	d	m	x	j	i
d	d	i	p	h	c	p	m	t	u	k	s
q	k	s	m	r	a	m	v	z	o	c	u
v	d	i	k	m	l	m	r	z	h	a	y
i	f	x	a	p	o	i	n	i	q	l	k
t	d	b	s	l	r	q	u	r	q	c	k
a	a	n	i	n	i	k	t	h	w	i	f
m	y	t	g	a	e	o	r	m	o	u	i
i	n	c	b	t	s	x	i	m	c	m	b
n	e	n	h	f	b	s	e	v	j	m	r
z	g	m	y	w	e	k	n	n	n	y	e
d	x	a	a	d	d	i	t	i	v	e	s

5 **SPEAKING** Health quiz. Work in teams. Write five health facts which you have learned from this unit. Include three mistakes. Read out your facts to another team. Can they spot and correct your mistakes?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

You should drink eight glasses of water a day.

No, that's not true. It's a myth.

6 Vocabulary Review

Aims: To review and practise vocabulary from the unit. This can be completed when students have finished the unit.

Time: 15–20 minutes

Materials: 1 handout for each group of three students

- Put students in groups of three and ask them to think of a team name. Give each team a copy of the handout face down and tell them *not* to look at it until you say *Go!* Explain that they are going to answer vocabulary questions about unit 6 and remind them to write their answers clearly. Set a time-limit, then ask them to turn their handout over, write their team name and do exercises 1–4.
- When the time is up, ask them to swap their handout with another team and go through the answers as a class.

KEY

1

exercise verbs: pedal, pump

nutrition: carbohydrate, cholesterol, mineral, protein

food adjectives: addictive, fresh, high-calorie, processed, tasty

illnesses & injuries: bruise, cough, rash, sprain, virus, wound

treatments & remedies: antacid, antibiotics, antihistamine, bandage, painkillers, tablets, X-ray (and students' own answers)

2

1 push 2 do 3 lift 4 attend 5 be 6 keep

7 beat 8 play

(and students' own answers)

3

temperature, heartburn, fracture, chest infection

Treatment: antiseptic cream

4

q	t	d	w	g	g	t	d	m	x	j	i
d	d	i	p	h	c	p	m	t	u	k	s
q	k	s	m	r	a	m	v	z	o	c	u
v	d	i	k	m	l	m	r	z	h	a	y
i	f	x	a	p	o	i	n	i	q	l	k
t	d	b	s	l	r	q	u	r	q	c	k
a	a	n	i	n	i	k	t	h	w	i	f
m	y	t	g	a	e	o	r	m	o	u	i
i	n	c	b	t	s	x	i	m	c	m	b
n	e	n	h	f	b	s	e	v	j	m	r
z	g	m	y	w	e	k	n	n	n	y	e
d	x	a	a	d	d	i	t	i	v	e	s

Exercise 5

- Students create their own quiz using facts they have learned in this unit. They should write true/false sentences and then read them out to another group. That group then has to spot and correct the false sentences.