

A2.2

UNIT 5

Exercise 1.

Read the text and fill in the gaps with the correct word: a, an, some, many, much, or any.

Healthy Eating Habits

My family tries to have healthy eating habits, but it is not always easy. Every morning, my father starts the day with (1) _____ apple and a glass of fresh water. He doesn't like to drink (2) _____ coffee in the morning because he prefers green tea. For breakfast, my mother usually buys (3) _____ fresh bread from the bakery down the street. We do not eat (4) _____ sweet biscuits because they have too much sugar. For dinner, we usually make a big salad. We use tomatoes and lettuce, but we do not put (5) _____ onions in it because my brother hates them! We do not eat (6) _____ meat during the week, maybe just twice a week. Instead, we eat a lot of fish and vegetables. We try to drink water every day. We do not drink (7) _____ soda because it is bad for our teeth. My parents always say: "You do not need (8) _____ hours to prepare a healthy meal, you just need good ingredients!"

Exercise 2.

Complete the sentences with 'should' (if it is a good idea) or 'shouldn't' (if it is a bad idea).

1. You _____ drink at least two liters of water every day to stay hydrated.
2. People _____ eat fast food every day because it has too much fat and salt.
3. You _____ go to bed very late if you have an exam the next morning.
4. Children _____ spend more than four hours a day playing video games.
5. If you want to protect your teeth, you _____ brush them after every meal.
6. You _____ sit at your computer all day without taking short breaks to walk around.

Exercise 3.

Read the following text and choose the correct answer (A, B, or C) for each question.

Tips for Getting Fit

My first advice to people who want to get fit is: do not buy an exercise bike. Usually, people use them for only one week and then forget them. They work well if you use them every day, but you must work hard. Most people find it much easier to go for a run in the park. Running is easy and it is also cheaper than other sports. You do not need to buy expensive clothes to run in the park or on the beach. The most important thing is that your clothes are comfortable. They should keep you warm in the winter and cool in the summer. However, there is one thing you must spend time and money on: your running shoes. Remember, you do not need shoes because they look beautiful. You need shoes that protect your feet and stop injuries. Good shoes can be expensive, but they last for a long time if the quality is good. It is always best to ask an expert for help at a sports shop.

When you start running, the secret is to go slowly. Do not do too much at the beginning, especially if you did not exercise for a long time. At first, try to walk and run for ten minutes, three times a week. When this is easy, you can slowly run more.

After a few months, you can try to run at a normal speed for twenty minutes, three or four times a week. It is important to feel comfortable. If you enjoy it, you will continue. If it makes you feel bad, you will stop quickly and return to bad habits. Finally, do not train too hard. Studies show that people who exercise twice as hard do not become twice as fit.

1. Why does the writer say you should not buy an exercise bike?

- A) Because they are too expensive.
- B) Because people usually stop using them quickly.
- C) Because they do not work well.

2. According to the text, why is running a good sport?

- A) It is easy and cheap.
- B) You can do it with many friends.
- C) You need to buy beautiful clothes for it.

3. What is the most important thing when choosing running shoes?

- A) They must look modern and fashionable.
- B) They must protect your feet from injuries.
- C) They must be the cheapest shoes in the shop.

4. How should a person start running if they haven't exercised in a long time?

- A) Run as fast as possible for twenty minutes.
- B) Mix walking and running for ten minutes.
- C) Go to a sports shop three times a week.

5. What happens if you train too hard at the beginning?

- A) You will quickly become twice as fit.
- B) You will probably enjoy it more.
- C) You will feel uncomfortable and probably stop.