

### Exercise 1

#### Read the following text

#### Fasting Healthy?

It sounds so simple - no choices, no counting calories, no cooking. Celebrities do it, and apparently it's the best thing since sliced bread. 1\_\_\_Is fasting an effective way to lose those extra pounds? And, is it healthy? Although fasting has been practiced for thousands of years, the question is still a subject of intense medical debate.

If you weed through all the controversy, you'll find that most medical experts agree on one thing: fasting is not a healthy weight loss tool. It is however very appealing because it has quick results, but according to Madelyn Fernstrom, PhD, *"it is quick fluid loss, not substantial weight loss. If it's easy off, it will come back quickly, as soon as you start eating normally again"*. 2\_\_\_Even worse for dieters is that fasting for weight loss *"distracts people from the real message of how to lose weight: lower fat intake, eat five pieces of fruit and vegetables a day, drink water and stop drinking other liquids, do more exercises, and basically, have a healthy lifestyle"*.

3\_\_\_*"The issue of fasting to cleanse the body has no biological basis because the body is real good at that by itself,"* says Fernstrom, an associate professor of psychiatry, epidemiology, and surgery at the University of Pittsburgh School of Medicine. *"The liver is a natural detox center; the lungs, the colon, the kidneys [the lymph glands] and the skin get rid of toxins."*

Whether fasting can help rid the body of waste buildup is a matter of controversy, 4\_\_\_. Nearly every religious text you can name, from the Old and New Testaments of the Bible to the Quran and the Upanishads, calls upon followers to fast periodically as a rite of spiritual purification, penitence, or preparation for union with God.

Fasting advocates also claim that the practice can effectively treat serious health conditions, from arthritis and colitis to heart disease and depression. *"I know some doctors say there is no scientific evidence for the curative powers of fasting,"* says Agnese Barolo, a life coach in contemplative practices in New Rochelle, N.Y. *"but there is a reason every culture in every country has practiced some form of fasting for thousands of years"*.

Fasting is not advisable for everyone. But for those whose medical conditions do not respond to other treatments, Fuhrman says, *"sometimes fasting four to five days a month can help them break to a next level of immune competency."* He adds that *"it will only work if you frame the fast with good nutrition before and after. For most medical conditions, if you stick to a strict diet, you don't even need fasting."*

**Complete the gaps with the correct missing sentence. There is one extra sentence which you do not need to use:**

- a) Studies on animals ranging from earthworms to monkeys have shown that alternating cycles of fasting and very calorie-restricted diets is a reliable way to extend the lifespan.
- b) In addition, specialists say that fasting slows your metabolic rate down, which means that you risk gaining even more weight after this extreme process.
- c) but fasting has been used for religious and spiritual purification for centuries.
- d) However, we can't help but wonder:
- e) Furthermore, there is no scientific evidence it will detox the body.

## Exercise 2

**Complete the gaps with the missing words:**

### Tasty Snacks

We (0) all love to eat between meals, (1) \_\_\_\_\_ it's a bar of chocolate after lunch or a packet of crisps before dinner. But when we think (2) \_\_\_\_\_ it, most of these "snack" foods are (3) \_\_\_\_\_ of fat, salt and sugar and thus contain a (4) \_\_\_\_\_ of calories. Another disadvantage is that after (5) \_\_\_\_\_ consumed these foods, there is a temptation to eat (6) \_\_\_\_\_ as they still leave you feeling hungry. But who says snack foods have to be bad (7) \_\_\_\_\_ you? They can, in (8) \_\_\_\_\_, be very good for you if you just choose carefully. One of the best and healthiest snack options is dried fruit. It's really tasty and makes a brilliant, easy-to-eat snack, as (9) \_\_\_\_\_ as leaving you satisfied. (10) \_\_\_\_\_ is also a great variety to choose (11) \_\_\_\_\_, with dried bananas, apricots, grapes and apples available at (12) \_\_\_\_\_ supermarket. You can enjoy dried fruit for morning and afternoon breaks, at school or at work, in the car or (13) \_\_\_\_\_ watching television. Dried fruit also makes the perfect fast food for late-night homework sessions. So next time you fancy (14) \_\_\_\_\_ sweet, try the healthy option and you'll (15) \_\_\_\_\_ pleasantly surprised.

### Exercise 3

Fill in the blank with the correct form of a phrasal verb that makes sense.

<b>built up my strength</b> <b>bolted down</b> <b>trying out</b> <b>knocked back</b> <b>pigged out</b> <b>take up</b> <b>cutting down</b> <b>put on</b>
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1. Scientists are \_\_\_\_\_ a new drug in the fight against the disease.
2. They're \_\_\_\_\_ all the prices at the mall, in order to make the items more affordable to the general public.
3. I'm not as fit as I used to be, so I've decided to \_\_\_\_\_ running to lose those few extra pounds.
4. When I started going cycling I had to take many breaks, but I have \_\_\_\_\_ over the past month.
5. I always \_\_\_\_\_ weight when I go to my grandparent's home for the holidays.
6. After a week of dieting I \_\_\_\_\_ on fries and cakes. Needless to say, my effort to lose weight was in vain.
7. Josh has always had a big appetite. After a day of working in the field, he \_\_\_\_\_ three plates of pasta.
8. My brother has a terrible hangover, which is not surprising at all giving the fact that he \_\_\_\_\_ 10 beers last night.

### Exercise 4

**The Subjunctive: complete the sentences with the verb in the appropriate form**

1. The doctor said it's important that she..... (remember) to take her medicine every day.
2. I suggest that Josh .....(read) the directions carefully before changing the tyre.
3. Mrs. Finkelstein demanded that the heater .....(repair) immediately. Her apartment was freezing.
4. The monk insisted that the tourists .....(enter) the temple until they had removed their shoes.
5. I am not going to accept being insulted. I demand that she immediately .....(apologize) for what she just said.
6. Judy asked that we .....(attend) her graduation ceremony next week.



7. Remember that Jane .....(think) very differently from you. She may not approve of the changes you've made in the company while she was on holiday.
8. The restaurant is a bit hard to find. I propose that we all .....(drive) together so that nobody gets lost.
9. The nutritionist recommended that Sally .....(reduce) the amount of sweets she ate every day.
10. The mayor felt it was extremely important that the people of the city .....(allow) to voice their concerns over the demolition of the sports center.
11. I was told that the government ..... (regulate) the airline industry.
12. The sign recommended that you .....(swim) after eating a large meal.
13. The sun is scorching today. I suggest you .....(put) on sunblock immediately before you get a sun burn.