UNIT (1) VOCABULARY

From a, b, c and d choose the correct answer:

1- He won the gold medal in		at the Olympics.			
a- amount	b- sprinting	c- obesity	d- risk		
2- It's important to	afte	er exercising for a	long time.		
a- promise	b- gain	c- lack	d- cool down		
3- She is very	and ca	n touch her toes	easily.		
a- flexible	b- strict	c- adequate	d- smart		
4 training helps athletes improve their strength.					
a- Session	b- Arrow	c- Obesity	d- Resistance		
5- She her friend that she would attend the party.					
a- gained	b- promised	c- lacked	d- cooled down		
6- The library has rules about returning books on time.					
a- fast	b- strict	c- flexible	d- adequate		
7- The doctor discussed the risks of with his patient.					
a- obesity	b- regimen	c- arrow	d- session		

8- Khalid worked hard to		the trust of her teammates.			
a- promise	b- gain	c- lack	d- cool down		
9- The food supp	ly is	for the number of guests.			
a- flexible	b- fast	c- strict	d- adequate		
10- I need to find out the exact of fuel in the tank.					
a- sprinting	b- amount	c- arrow	d- regimen		

Fill in the spaces with the suitable words from the list:

(session – gain – extremely – regimen – lack – risk)

- 1- Doctors think the patients may *lack* sufficient vitamins in their diet.
- 2- I attended a training **session** to improve my skills.
- 3- The movie was **extremely** entertaining and kept us engaged.
- 4- Smoking increases the <u>risk</u> of developing lung cancer.
- 5- His diet **regimen** includes a variety of healthy foods.

GRAMMAR

From a, b, c and d choose the correct answer:

1	is my favourit	e activity.			
a- Swim	b- Swam	c- Swims	d- Swimming		
2- I don't like in long lines.					
a- waits	b- waiting	c- waited	d- wait		
3- It is important to a balanced diet.					
a- eat	b- eats	c- eating	d- ate		
4- It is dangerous to without a seatbelt.					
a- driving	b- drives	c- drive	d- drove		
- We English and other subjects at school.					
a- study	b- studying	c- studies	d- to study		
6- My mother usually coffee in the morning.					
a- drink	b- drank	c- drinks	d- drinking		
7- He soccer with his friends at the park now.					
a- played	b- play	c- plays	d- is playing		
8- Look at those clouds; they quickly.					
a- move	b- are moving	c- moved	d- moves		

Do as required between brackets:

1- (Jog) is good for your health. (Correct)

Jogging is good for your health.

2- I enjoy (learn) about new cultures. (Correct)

I enjoy learning about new cultures.

3- We eat fast food very often. (Make negative)

We don't eat food very often.

4- The restaurant serves breakfast all day. (Make negative)

The restaurant doesn't serve breakfast all day.

5- He is listening carefully to the conversation. (Make negative)

He is not listening carefully to the conversation.

6- I usually wake up at 7:00 o'clock. (Make question)

When do you usually wake up?

7- My sister works in a hospital. (Make question)

Where does your sister work?

8- They are looking for a new apartment. (Make question)

What are they looking for?

9- I am listening to my favourite podcast. (Make question)

What are you listening to?

10- She is wearing that dress because she is going to a party. (Question)

Why is she wearing that dress?