

# 8 Extra Practice 1

Name: .....

## Vocabulary

### 1 Complete the sentences with the words below.

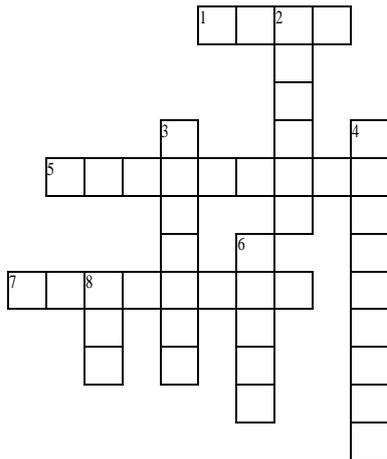
*healthy lifestyle ♦ junk food ♦ carbohydrates ♦ vitamins  
calories ♦ balanced diet ♦ sugar ♦ processed food*

1. Vegetables contain a lot of .....
2. Eat natural food, not only .....
3. Sally has had a ..... since she began doing competitive judo.
4. How many ..... has 100 grams of chocolate got?
5. Bread contains a lot of .....
6. It's not healthy to eat a lot of ..... like pizza and chips.
7. A ..... has got meat, fruit, vegetables and dairy products.
8. There is often a lot of ..... in fizzy drinks.

### 2 Use the sentences to complete the puzzle.

#### Across ➡

1. You put too much ... in the soup.
5. We learn about healthy eating in our lessons about ... .
7. Drinks like coffee and cola have got ... .



#### Down ↓

2. It's important to drink enough ... before a sports lesson.
3. Children need to eat foods with ... to help them grow.
4. ... foods like sweets will harm your teeth.
6. Is popcorn a healthy ... ?
8. You shouldn't eat food with too much ... .

## Grammar

### 3 Complete the sentences with the correct form of *can*, *could* or *must*.

1. I ..... do the maths homework last night. It was too difficult.
2. When ..... Matt fix the car?
3. You ..... make so much noise here.
4. Jason ..... come with us because he's got football practice.
5. My grandfather ..... run a marathon when he was young.
6. I ..... clean the kitchen before my parents come home.

### 4 Write sentences with the words below. Use the correct form of *should*.

1. I / think / we / buy / her / a present / .  
.....
2. he / drive / in / this storm / .  
.....
3. I / wear / this dress / for / the party / ?  
.....
4. you / eat / all this junk food / .  
.....
5. how often / I / take / this medicine / ?  
.....

### 5 Look at the pictures and choose the correct answers.

1



Brad **can** / **can't** / **should** drive a car but he **can** / **should** / **must** ride a scooter.

2



The children **can** / **should** / **mustn't** wear their raincoats.  
They **mustn't** / **can't** / **can** forget their umbrellas.

3



We **should** / **can** / **must** walk today. Tomorrow, we **can't** / **mustn't** / **must** get up late.