Unit 6 Extra practice

1 Vocabulary exercise and health

Complete the sentences to do with exercise and health with these words.

*for* *in* *on* *out* *take* *watch*

1. How do you keep ____________ shape?
2. I should go ____________ a diet – I want to lose some weight before the holidays.
3. Do you have to ____________ your weight?
4. I hate working ____________ at the gym – I’d much rather go cycling.
5. I usually go ____________ a run every day before work.
6. Doctors recommend that you ____________ exercise at least three times a week.

2 Language focus phrasal verbs

Put the words in italics in the correct order to make sentences using phrasal verbs.

1. I ____________ across / some / come / interesting / people in my line of work.
2. It took him a long time to ____________ get / chest infection / over / his.
3. The volume is too loud. Please can you ____________ turn / down / it?
4. When you get older, it’s important to ____________ up / take / exercise if you don’t do any.
5. Can you remember the main points – or should I ____________ them / run / through again?
6. I try to ____________ my colleagues / along / with / get most of the time.
7. He’s really ____________ forward / to / his holiday / looking in La Manga next month.
8. Your neighbours are so noisy. How do you ____________ them / put / with / up?

3 Vocabulary injuries

Choose the correct option to complete the collocations to do with common injuries.

1. As I was walking down the stairs, I tripped and stubbed / sprained my toe.
2. Miranda chipped / pulled a tooth and had to go to the dentist to get it fixed.
3. Athletes always warm up before racing; otherwise they could pull / bruise a muscle.
4. Don’t lift that sofa by yourself – you’ll strain / bruise your back.
5. The speaker had a bad cold and by the end of the talk he had completely lost / broken his voice.
6. During the race, Tilly had a bad fall and grazed / sprained her ankle. She couldn’t continue.
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4 Idioms health

Choose the correct option to complete these idioms to do with health.

1 to be shaken off / out / up
2 to pass off / out / up
3 to be run down / off / out
4 to be off colour / mend / weather
5 to be on the colour / mend / weather
6 to be under the colour / mend / weather

5 Language focus verb patterns

Match the two parts of the sentences.

1 It was late, so he suggested
2 She didn’t want to give her opponent an advantage, so she avoided
3 He always complains
4 If you continue to play as badly as that, you risk
5 The coach insists
6 If you want to see the final, I recommend
7 The players were deliberately trying to lose the match, so the officials accused them
8 He pretended

a talking about her injured knee.
b upsetting the rest of the players.
c to be injured – but he wasn’t.
d booking tickets in advance – it’ll be a very popular event.
e of cheating.
f taking a taxi rather than walking.
g about having to go training every day.
h on talking to each player individually after every match.
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6 Word focus face

Complete the sentences to make expressions with face. What is the hidden word meaning a puzzle or something difficult to understand?

1 He hates being wrong in meetings; he thinks he will __________ face in front of his colleagues.
2 She had such a __________ face when I saw her because she didn’t get into her chosen university.
3 Let’s face __________ – we’re not getting any younger, are we!
4 The suggestion was so ridiculous that I had trouble keeping a __________ face.
5 I know you don’t want to admit that the company has to make some serious cuts, but sooner or later you’ll have to face the __________ and make some difficult decisions.
6 I could tell she was upset, but she put a __________ face on it.

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