

Unit 6

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.

		1							
			2						
					3				
4									
					5				
			6						