

LESSON 1 REVISION

A. Complete the sentences with the correct form of the verb in brackets.

1. She (not eat) any vegetables when she was a child.
2. I(try) to lose weight these days after the Christmas feast.
3. She (lose) a lot of weight recently.
4. I (have) 3 cup of coffee today.
5. I (drink) 5 cups yesterday.
6. When I (cook) yesterday, I cut my finger.
7. We (make) dinner for a few friends tonight, so I
(buy) lots of food and drink.
8. He (study) physiotherapy for three years now.
9. How long (you know) these people?

B. Ask questions about the underlined part of the sentence:

1. He's waiting for his trainees.
2. This is the captain's jersey.
3. She lives in Germany.
4. They flew to the USA last month.
5. They flew to the USA last month.
6. I have been doing the same sport since ever.

C. Vocabulary

Give synonyms of these words: *enhance, affect, extend, maintain*

Give opposites of these words: *increase, contract, shorten*

Name two types of wounds, two mild and two severe injuries.

Define aerobic and anaerobic exercise, name the main benefits of exercise.