

4 Live well Extra practice

4.1 Vocabulary

Phrasal verbs

1 * Complete the sentences with **down**, **out** and **up**. Use each word twice.

- 1 Cheer! You look so miserable.
- 2 You're walking too fast. Slow!
- 3 Let's relax and chill this afternoon.
- 4 He's really angry and needs to calm
- 5 I always open to my mum and tell her everything.
- 6 I work at the gym twice a week.

2 ** Choose the correct option.

- 1 You should **slow down** / **cut down** on the amount of sugar you have. It isn't healthy.
- 2 Robbie is very quiet. He never **cheers up** / **opens up** to anyone.
- 3 It isn't good to run around all the time. You should try to **cut down** / **slow down** more.
- 4 When I'm stressed out, I do yoga. It always **faces up** / **calms me down** after a hard day.
- 5 'Why's Jenna unhappy?' 'I'm not sure, but let's do something to **calm her down** / **cheer her up**.'
- 6 It can be difficult to **open up to** / **face up to** your problems and do something about them.

3 *** Complete the dialogue with the phrasal verbs.

calm down cheer up cut down face up to open up work out

Ali Come on, Lucy, (1)! Why are you so unhappy?

Lucy It's my exams. I'm really stressed out about them. I study for hours every day, but I can't remember anything. I need to (2) the fact that I'm not going to do well in them.

Ali It sounds like you're studying too much. I think you need to (3) on the number of hours and try to do some exercise.

Lucy Exercise? How will that help?

Ali It's the best thing to do when you're feeling worried or sad. Why don't you go swimming or (4) at the gym after school? It's a great way to (5) and feel more relaxed.

Lucy But what about my revision?

Ali It'll be easier to concentrate when you're less stressed out.

Lucy OK, I'll try that. Thanks for listening to me, Ali. You're very supportive.

Ali That's what friends are for, Lucy. You can (6) to me and talk about your problems whenever you like.

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4.1 Grammar

The first and second conditional

1 * Complete the sentences.

do don't 'll unless will won't

- How you feel if you do well your exams?
- If you more exercise, you feel more cheerful.
- I have any money I get a Saturday job.

'd found was were would wouldn't

- If I you, I go to bed.
- What you do if you money in the street?
- I like it if my best friend grumpy in the mornings.

2 ** Complete sentences 1–3 with the correct first conditional form of the verbs and 4–6 with the second conditional.

- What (she / wear) if she (go) to the gym tonight?
- I (be) in a bad mood if they (not win) the match.
- Jess (not know) where we are unless someone (tell) her.
- If I (need) to eat more healthily, I (cut) down on sugar.
- How (you / feel) if your friend (be) famous?
- My parents (not be) angry if I (paint) my bedroom yellow.

3 *** Write first and second conditional sentences. Then write a different result.

(first) feel sleepy at 9 p.m. ⇒ not stay up late

If I feel sleepy at 9 p.m., I won't stay up late. I'll go to bed early.

1 (first) be hungry later ⇒ not eat chocolate

.....
.....

2 (second) not have a good friend ⇒ not be happy

.....
.....

3 (first) get some homework today ⇒ not leave it until next week

.....
.....

4 (second) decorate the classroom tomorrow ⇒ not paint it black

.....
.....

5 (second) be a millionaire ⇒ not spend all the money at once

.....
.....

6 (first) want to chill out tonight ⇒ not go to the gym

.....
.....

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4.2 Vocabulary

Aches and pains

1 * Match 1–5 to situations A–E.

- | | | | | |
|---|----------------|-------|---|--|
| 1 | aching muscles | | A | after a skiing accident |
| 2 | itchy skin | | B | after sleeping on the floor |
| 3 | bruised knee | | C | after doing lots of exercise |
| 4 | broken leg | | D | after walking into a chair |
| 5 | sore back | | E | after spending a long time
in the sun |

2 ** Complete the adjectives.

- 1 Maria had an a _____ reaction after eating some nuts.
- 2 I always get a s _____ neck when I sleep with two pillows.
- 3 You should have an X-ray on your s _____ ankle – it might be broken.
- 4 Roger can't play tennis today because he's got a s _____ wrist and he can't hold his racket properly.
- 5 Sam has got a d _____ shoulder. He ran into someone in a rugby match.

3 *** Complete the dialogues with the correct aches and pains.

- 1 **A** Stop scratching your arms and legs!
B I can't help it. I used some new soap today and now I've got
.....
- 2 **A** How are you feeling after running the marathon yesterday?
B Not too bad. I've got in my legs, but nothing serious.
- 3 **A** What's Eliza done to her foot? She can't walk properly.
B She hurt it when she was playing netball yesterday and now she's got a It's much bigger than the other one!
- 4 **A** Would you like an egg sandwich?
B No, thanks. I can't eat eggs. If I do, I get an and have to get medical help immediately.
- 5 **A** Have you ever had a serious injury playing football?
B Yes, I have. I had a last year. I had to have an operation to fix the bone. I couldn't walk on it for two months.
- 6 **A** What's wrong with Matthew's arm?
B He's got a after falling over. He said it really hurt when they moved it into the correct position in hospital.

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4.2 Grammar

The third conditional

1 * Complete the sentences with the words.

- 1 If I **had** / **would have** done some stretching yesterday, I wouldn't have aching muscles today.
- 2 What **would** / **had** you have asked Messi if you had met him after the match?
- 3 You would have finished the marathon if you **hadn't** / **wouldn't have** had a swollen ankle.
- 4 If Bella **would** / **had** opened up to you about her problems, what would you have said?
- 5 How would you **have** / **had** felt if your team had won the tournament?
- 6 If Faisal and Kieran hadn't run into each other, they **wouldn't have** / **hadn't** injured themselves.

2 ** Match 1–6 to A–F then complete the sentences with the correct third conditional form of the verbs.

- | | | |
|---------------------------------------|-------|---|
| 1 If I (have) enough money, | | A if you (break) your leg? |
| 2 What (you / do) | | B we (not hear) them. |
| 3 If Leo (eat) that nut, | | C I (buy) a new pair of trainers. |
| 4 If they (not shout), | | D what (you / wear)? |
| 5 If it (be) raining yesterday, | | E if I (paint) the room. |
| 6 I (not choose) dark blue, | | F he (have) an allergic reaction |

3 *** Complete the sentences with your own ideas so that they are true for you.

- 1 If I hadn't come to this school,
- 2 My parents would have been annoyed if
- 3 If I had asked for help,
- 4 I would have injured myself if
- 5 If I had been born in the UK,
- 6 I wouldn't have found a hobby I love if