

## Unit 10 Stay fit and healthy

### Reading Part 2

1

**1 E** (Jamila wants something new to wear and in Oak Lane, you can buy 'fashionable dresses, trousers and typical t-shirts'. She hasn't got much money and at Oak Lane, they have 'low prices'. Jamila needs to get a cake, and Oak Lane has 'tasty products from Sam's bakery').

**2 H** (Chen wants a small sized present for a teenager who is into music. On Satton Street, you can buy 'mini-headphones').

**3 D** (Karen is working until 8 PM, but Newton Cross is open until '10PM every day'. She wants her friend to be able to take it back if she doesn't like it and Newton Cross 'goods can be returned with no questions asked').

**4 A** (Niran needs some new football boots and wants a variety of styles to choose from. At Centre Place, there is 'a wide range of makes and models'. He also wants help choosing and at Centre Place 'you can get expert advice').

**5 F** (Melanie wants a good quality chair that she can keep outside all year. At Highview Centre, they have 'furniture suitable for both indoor and outdoor use', and they have good quality products that 'will last for years').

### Vocabulary

#### 1 Course, dish, food, meal and plate

1 meal

2 main

3 courses

4 dish

5 food

6 dessert

7 products

8 light

## 2 Shops and services

1 library

2 garage

3 bakery/ baker's

4 chemist's/ pharmacy

5 bookstore/ bookshop

6 hairdresser's

7 dentist's

8 dry cleaner's

3

1 borrow

2 book

3 make

4 buy

5 complain

## Grammar

1 Have something done

1 have my car cleaned

2 have their kitchen painted

3 has her shopping bought

4 are having their wedding cake made

5 have a family photo taken

6 have their meals prepared

## 2 Commands and instructions

1 think

2 Don't invite

3 accept

4 Send

5 Buy

6 Make

7 don't forget

### Listening Part 1

1 C (*'The service wasn't great'*).

2 A (*'Lily and I thought we'd go shopping'*).

3 B (*'My sunglasses... it's annoying I left them at home'*).

4 C (*'Have you got a sleeping bag I could use?'*)

5 A (*Man: 'I had a dessert, so I'll put in £5 more. Your share is £17.70'*).

6 B (*'I've got to meet my younger brother straight after he finishes school and take him to have his hair cut'*).

7 C (*'If you're a fan of science fiction, as I am, then you'll love The Time Traveller'*).

**Writing Part two: An article**

**1**

**1 C**

**2 A, F, I**

**3 E**

**4 D, G**

**5 B, H**

**2 No, he didn't answer about the amount of sleep**

**3**

**Example answer**

Everyone knows it is important to have a healthy lifestyle because then you have a better life and you enjoy yourself.

If you sleep well for enough time, you wake up feeling good. Exercise is essential as well. You should walk everywhere if you can and doing sport is good for your mind and your body.

I think the most important way to be healthy is to eat the right food. You should have a diet that includes different types of food and drink lots of water.

If you can eat well and sleep enough and have fun doing exercise, you will be healthy and happy.

**Please, ask your teacher if you have  
made a mistake and would like it  
explained.**