

1 Complete the words and circle the correct words.

- 1 If you always do the same thing, you have a ha b i t for / to / with / of doing it.
- 2 When you can't stop doing something, you're a _____ for / to / with / about it.
- 3 When you think about something all the time, you're o _____ for / to / with / about it .
- 4 When you really love something, you're c _____ for / to / with / about it.
- 5 When you really want something, you have a c _____ for / to / with / about it.

_____/8

2 Change the underlined verb to the correct form.

- 1 You should avoid spend spending too much time on the computer.
- 2 I can't help eat _____ junk food.
- 3 I'm planning spend _____ less time on my computer.
- 4 There's no point in watch _____ TV every single day.
- 5 It's better eat _____ vegetables than lots of sugar.
- 6 I just can't help chat _____ on the Internet.
- 7 You need do _____ exercise to keep healthy.
- 8 I suggest meet _____ your friends to play sports.
- 9 My brother can't stand listen _____ to my music.

_____/8

3 Write the missing letter or letters.

- 1 I have a problem and I need some advi____e.
- 2 I've eaten all the chocolate ____cept one piece.
- 3 I'm much taller th____n my friend.
- 4 Do you know w____ther this is correct?
- 5 Smiles will ____ffect your friends positively.

_____/5

4 Read and complete.

avoid offer suggest consider ~~can't help~~

Dear Doctor,

Help! I'm overweight. I just

1 can't help eating

all the time. What can I do?

Please give me some advice!

Bethany

Dear Bethany,

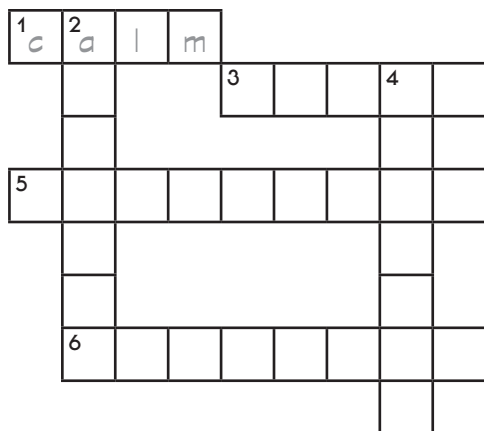
This is a common problem but it's easy to solve. You need to eat healthy food like vegetables and cereals. **1** _____ you limit eating junk food to once a week. You should **2** _____ eating chocolate and candy.

Why don't you choose an easy sport that you can do on your own — like swimming or gymnastics? You could **4** _____ joining a swimming club if you don't want to swim alone. Try to make more friends at school who can help you. You could **5** _____ to help them with their homework for example and they could offer to play sports with you. You should plan to watch less TV. It's better to do something more active.

If you need more advice, write to me again — I promise to help.

_____/4

5 Complete the puzzle.



Across

- 1 It's important to keep calm and not panic in an emergency.
- 3 My dog is paying attention. He's very attentive.
- 5 I got a really bad grade in school and I felt miserable.
- 6 My dad has a lot of work right now. I think he's struggling.

Down

- 2 I get very a_____ before exams.
- 4 If you don't worry about things, you feel r_____.

_____/5

____ /30