

For instructions on how to use these pages see p.28.

What do you remember?

GRAMMAR

- a 1 b 2 a 3 a 4 b 5 a 6 b 7 a 8 a 9 b 10 a
 b 1 What colour is 4 How often do you eat
 2 What time is 5 When do... watch
 3 What time do

VOCABULARY

- a 1 bad 2 cheap 3 ugly 4 short 5 full
 b 1 get 2 take 3 have 4 do 5 go
 c 1 tall 2 seven 3 one 4 nephew 5 Easter
 d 1 up 2 until 3 by 4 at 5 for

PRONUNCIATION

- a 1 do 2 stop 3 think 4 father 5 hour
 b 1 expensive 2 difficult 3 always 4 July 5 December

What can you do?

CAN YOU UNDERSTAND THIS TEXT?

a 4 ✓ 5 ✓

b **resolution** = a decision to do something new

happens = occurs

very enthusiastic = feel very positive about

a **personal trainer** = a person who helps you get fit

cut out = stop eating

go jogging = run slowly as a form of exercise

c Because in the winter our bodies need food and sleep not diets and exercise.