

## 12 Love at first bite

### 8 Review

#### 8 a Language in use (p. 206)

- |                 |             |                  |           |
|-----------------|-------------|------------------|-----------|
| 1 is            | 5 had       | 9 were using     | 13 needed |
| 2 lies          | 6 is called | 10 had bought    | 14 is     |
| 3 decided       | 7 is used   | 11 had scaled up |           |
| 4 had assembled | 8 managed   | 12 were looking  |           |

#### 8 b Vocabulary (p. 207)

- |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|
| 1I | 2H | 3D | 4F | 5A | 6C | 7E | 8G | 9B |
|----|----|----|----|----|----|----|----|----|

#### 8 c Vocabulary (p. 207)

- |      |    |      |      |        |    |        |    |      |
|------|----|------|------|--------|----|--------|----|------|
| 1i/g | 2f | 3e/a | 4h/e | 5a/g/i | 6d | 7c/a/h | 8b | 9g/c |
|------|----|------|------|--------|----|--------|----|------|

#### Example sentences

- 1 Exercising regularly helps people to maintain a healthy weight.
- 2 A balanced diet reduces the risk of serious health conditions such as heart disease and diabetes.
- 3 Michaela avoids processed snack foods and normally just eats either a full meal or some fruit instead.
- 4 Minimising sugar intake is helpful for balancing blood sugars.
- 5 Too little exercise can lead to obesity.
- 6 It's better to eat whole foods than to rely on pre-packaged meals.
- 7 What we eat has a direct effect on metabolic regulation; it's like fuel for our engines.
- 8 Eating a variety of foods is a crucial component of a healthy lifestyle.
- 9 Susan started kickboxing, sleeping more and drinking more water to improve her overall well-being.