

Unit 3

Reading

1

- 1 good
- 2 Some
- 3 Japan
- 4 a modern
- 5 in various
- 6 a number of things

2

- 1 A diet with lots of vegetables, pulses, fruit and some fish.
- 2 You can drink one or two glasses a day.
- 3 The oldest people in the world live in Japan.
- 4 They do a lot of exercise.
- 5 They walk or ride bicycles.
- 6 The people who eat a diet similar to the Mediterranean and Japanese diets and do some exercise.

Words to remember

3

- 1 e 2 c 3 a 4 g 5 b 6 d 7 f

4

fish	fruit	pulses	vegetables
sardines	apples	peas	potatoes
salmon	oranges	beans	tomatoes
	bananas		onions

Writing

1

- 1 However
- 2 However
- 3 although
- 4 However
- 5 However
- 6 although
- 7 However

2

- 1 Although
- 2 On the other hand / However
- 3 However
- 4 although
- 5 On the other hand / However