

LEVEL 2

UNIT 13. HEALTHY BODIES

READING:

1. Read the article and tick (✓) the sports that are mentioned.

1 baseball	_____	4 running	_____	7 snowboarding	_____
2 cycling	_____	5 skateboarding	_____	8 surfing	_____
3 football	_____	6 skating	_____	9 swimming	_____

THE FITTEST

member of my family

My cousin Alex is 18 years old. She runs three kilometres every morning before school, she cycles to school, she swims in the school swimming pool at lunchtime and then she cycles home after school. Can you believe it?

That's not all! On Saturdays she enters races. These are special events called 'triathlons'. In triathlons, the athletes have to swim, cycle and run a very long way. Alex is very good at triathlons. Last year, she won six events, finished second three times and third four times. Alex wants to be in the Olympics when she's older.

Do you want to keep fit? Alex has lots of good advice. 'Don't think about it, don't talk about it, just do it. Oh, and don't do any exercise on Sundays. Have a rest that day. I always do. It's very important to have a rest.'

I'd like to be as fit as Alex but I can't run fast and I'm not good at swimming. However, I am good at skateboarding. Maybe I'll go to the Olympics ... but only to watch my cousin!



2 Read the article again and answer the questions. Write complete sentences.

- 1 How does Alex get to school?
- 2 What does she do at lunchtime?
- 3 What does she do on Saturdays?
- 4 How many triathlons did she win last year?

- 5 What does she want to do when she is older?
6 When does she have a rest?

LISTENING:

[Track 13 - WB]

1. Listen to four conversations. Match the conversations (1-4) to the places (A-D).

2. Listen to the conversations again. Are the sentences right (✓) or wrong (X)?

- 1 William hasn't got a headache.

2 Susie has got a pain in her arm.

3 Carla's eye hurts.

4 Marek's foot hurts.

5 Marek thinks his hand is broken.

3. Complete the sentences from the conversations with the words in the box. Then listen again and check your answers.

about	matter	should	wrong
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1. You take some medicine.

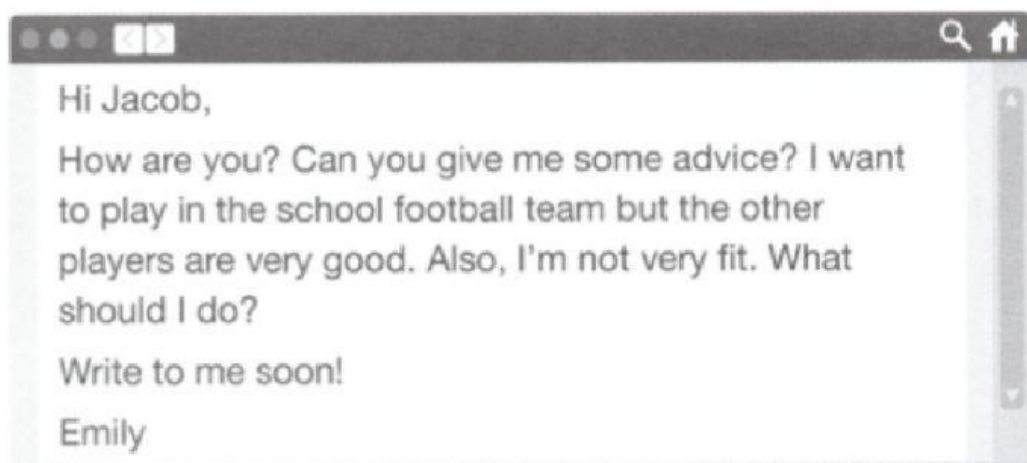
2. What's the , Susie?

3. OK, Carla. Tell me, what's

4. What your hand?

WRITING: An email giving advice

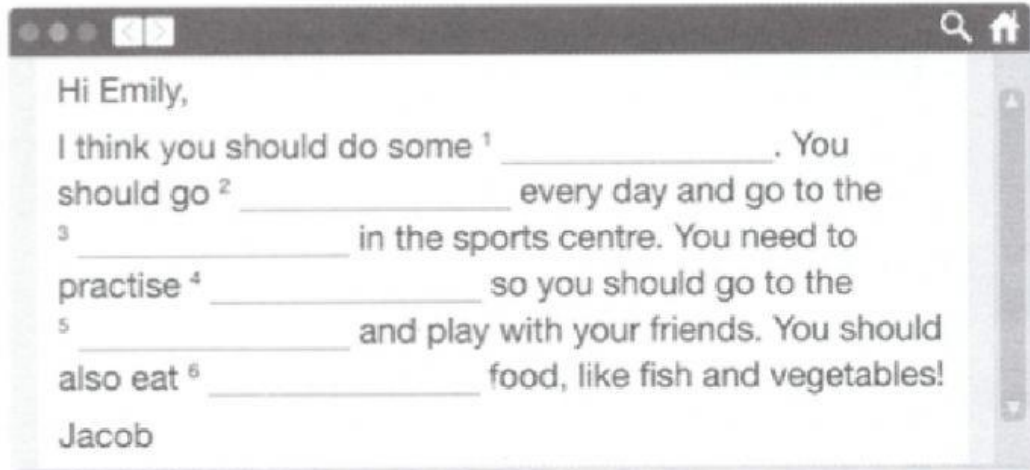
1 Read the email from Emily to her penfriend Jacob. What does Emily want?



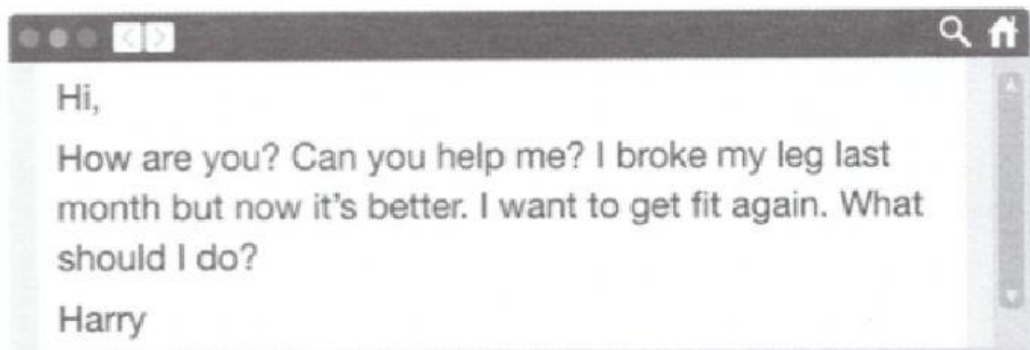
2. Complete Jacob's answer to Emily's email with the words in the box.

exercise football gym healthy park running

exercise	football	gym
healthy	park	running

**3 Read Jacob's email again and answer the questions.**

- 1 How often should Emily go running?
- 2 Where should she go in the sports centre?
- 3 Who should she play football with?
- 4 What should she eat?

4 Read the email from your friend Harry. Write an answer to him. Write about 50 words.

Hi Harry.
