A GOAL 1: Give Advice on Healthy Habits



Vocabulary

Alicia has a healthy lifestyle. She's in good shape because she works out at the gym every day. She eats healthy food, like fresh fruits and vegetables.

Robert doesn't have a good lifestyle. He's in bad shape because he never gets any exercise. He eats too much junk food, so he's overweight.

A Complete the sentences with the words in blue.

1. I need to exercise more. I'm in _____.
2. Helen doesn't have a _____ diet. She eats a lot of junk food.
3. I have a healthy _____. I don't smoke and I exercise regularly.
4. I need to change my diet. I eat too much _____.
5. Jane is looking much better. She _____ and eats healthy food, like vegetables and fruit. Soon she'll be in _____.



▲ cycling

B Write the activities in the correct column in the chart below.



▲ smoking



▲ watching lots of TV



▲ drinking lots of water



▲ getting eight hours of sleep every night



▲ sunbathing



▲ eating a balanced diet



▲ eating lots of sugar

Healthy	Unhealthy

Grammar: Modals (*could, ought to, should, must*); *have to*

Make suggestions	Give advice	Express obligation
You **could** stop smoking.	You **should/ought to** stop smoking.	You **must/have to** stop smoking.
! gentle	!! strong	!!! very strong

A Write advice for the following situations in your notebook.

1. Tell your sister to stop smoking. !!!
2. Tell your father to go on a diet. !!
3. Tell your friend to stop watching so much television. !
4. Tell your brother to get more exercise. !!
5. Tell your mother to get more sleep. !
6. Tell your friend to stop sunbathing. !!!

B Write the advice you would give to these people in your notebook. Then compare your advice with your partner's. Discuss differences.

1. Aisha wants to lose weight.
2. Yun wants to be on the Olympic swimming team.
3. Arata works too much.
4. Jaime needs some money.
5. Jack isn't happy at work.
6. Sam wants to get better grades.

Conversation

A 15 Listen to the conversation. Why does Alex want to lose weight?

Alex: I need to lose some weight. My clothes don't fit anymore. What should I do?
Faisal: Well, instead of watching TV all day, you could get more exercise.
Alex: Like what?
Faisal: Like cycling, or you could work out at the gym.
Alex: I don't have time. I'm too busy.
Faisal: OK. Then you could change your diet. Eat something healthier, like fruit.
Alex: You mean, no more hamburgers! Oh no!
Faisal: OK. Buy some bigger clothes then.

B Practice the conversation with a partner. Switch roles and practice it again.

C **GOAL CHECK** **Give advice on healthy habits**

Ask your partner questions about the activities on page 124. Then give your partner advice.

Real Language

We use *like what?* to ask for an example. We can use *like* to give an example.

