



LISTENING

Task 1: Listen to the passage and decided if the statements are True (T) or False (F)

1. Sheila is a student. _____
2. Sheila has vegetables and meat for lunch. _____
3. Sheila does not like juice, but she likes mineral water. _____
4. Sheila does not do any sport activities. _____
5. Sheila usually goes to bed after 11 p.m. _____

Task 2: Look at the table and fill in the blanks:



1. Sheila goes to -----in the morning and comes back home at 2 in the afternoon.
2. After coming home, she usually takes a shower and has -----.
3. She has chicken or fish with rice and salad and she likes drinking-----.
4. In the evening, Sheila walks to the -----.
5. Sheila never goes to bed after ten because she needs to get enough rest to -----.



SPEAKING

I. Match the questions and the answers. Then read aloud.

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|---|--|
| 1. How many calories should I eat in a day? | a. A little better, but still feel tired. |
| 2. Shall we go and play basketball? | b. Wash your face daily and use gentle skin care products. |
| 3. What activity uses a lot of calories? | c. Eat less junk food and do more exercise |
| 4. What should I do to prevent spots? | d. Count me out. I prefer to stay home. |
| 5. How do you feel now? | e. We'll feel tired and weak. |
| 6. What happens when we don't have enough calories? | f. Between 1,600 and 2,500. |
| 7. Why should people drink green tea? | g. I think it's running. |
| 8. What should I do to lose weight? | h. Because it can help prevent cancer |

1. 2. 3. 4. 5. 6. 7. 8.

Task 2. Talk about what you do to stay healthy.



1. What do you do to stay healthy?
2. What kind of exercise do you practice?
3. What do you often eat?
4. How often do you visit the doctor?
5. How often do you have fast food?
6. What stress do you often have?
7. What are you allergic to?
8. Which do you like to drink, coke or fruit juice? Why?