

Lesson **A** Vocabulary and Grammar

A Match the words and meanings.

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|------------------------------|--|
| _____ 1. lifestyle | a. have an unhealthy body |
| _____ 2. be in bad shape | b. exercise in a gym |
| _____ 3. work out | c. eat different kinds of healthy food |
| _____ 4. be in good shape | d. have a healthy body |
| _____ 5. junk food | e. sitting or lying in the sun |
| _____ 6. sunbathing | f. how you live |
| _____ 7. eat a balanced diet | g. unhealthy food like candy, chips, and cookies |

B Complete the sentences with the words from **A**.

Anton and Petrul are brothers. Anton has a good job, but he doesn't have a healthy (1) _____. He works long hours in front of a computer. He doesn't take breaks, or (2) _____ regularly. He belongs to a gym, but he never (3) _____ there. He says he doesn't have time. As a result, he (4) _____.

On the other hand, Petrul has a (5) _____ lifestyle. Petrul also works hard, but he (6) _____. He rides his bike to work. He belongs to the same gym as his brother, but unlike Anton, he (7) _____ three times a week. Petrul tries not to eat (8) _____. He's learning to cook healthy food. He cooks for Anton sometimes, because he wants Anton to eat (9) _____ meals, too.

C How strong is the advice in each sentence? Circle the correct answer.

- | | | | |
|---|--------|--------|-------------|
| 1. You should go to bed earlier. | gentle | strong | very strong |
| 2. You have to quit smoking. | gentle | strong | very strong |
| 3. You could eat salad for lunch. | gentle | strong | very strong |
| 4. You could go to the gym after work. | gentle | strong | very strong |
| 5. You must stop eating so much sugar. | gentle | strong | very strong |
| 6. You shouldn't drink so much coffee. | gentle | strong | very strong |
| 7. You could go to bed an hour earlier. | gentle | strong | very strong |
| 8. You have to change your lifestyle. | gentle | strong | very strong |

Lesson **B** Listening

A  28 Listen. Circle **T** for *true* or **F** for *false*.

- | | | |
|---|---|---|
| 1. Hiroto travels for work. | T | F |
| 2. Ivan cooks and eats fresh food. | T | F |
| 3. Gloria drinks a lot of energy drinks. | T | F |
| 4. Gloria gets a lot of sleep. | T | F |
| 5. Ivan gets exercise as a part of his job. | T | F |
| 6. Hiroto doesn't like to cook. | T | F |
| 7. Hiroto gets the most exercise. | T | F |
| 8. Gloria thinks that drinking coffee is a bad habit. | T | F |
| 9. Ivan doesn't like seafood. | T | F |
| 10. Hiroto often eats protein bars. | T | F |

B  28 Listen again. Check (✓) the correct name(s).

- Who exercises?
- Who has a stressful job?
- Who eats unhealthy food?
- Who doesn't have time to exercise?
- Who drinks a lot of coffee?
- Who doesn't get enough sleep?
- Who exercises as part of their job?
- Who spends their time off with family?

Hiroto	Ivan	Gloria

Lesson C Vocabulary and Grammar 

A Complete the compound adjectives.

1. (delicious) mouth _____
2. (not from a factory) home _____
3. (makes you happy) heart _____
4. (for your whole life) life _____
5. (relaxing) stress- _____
6. (too busy) over _____
7. (without a lot of calories) low- _____
8. (from your own garden) home _____

B Complete the sentences with the compound adjectives in A.

1. Stephen started writing stories when he was eight. His _____ dream is to be an author.
2. Mrs. Ting can sew very well. As a result, her daughters often wear _____ dresses.
3. She often falls asleep on the bus on the way home from work. She must be _____.
4. Hinata needs to lose weight, so she is eating _____ food for the next month.
5. Mr. Garcia wants a _____ job.
6. Maria made a delicious sauce with _____ tomatoes from her garden.
7. More than a million people liked the _____ video on social media.
8. Emilio's Restaurant is famous for it's _____ pizza.

C A reporter is interviewing Anton Muskov, a famous basketball player. Write questions with *how*.

Reporter: How (1) _____ play basketball?

Anton: I play five times a week. That's every day from Monday to Friday.

Reporter: (2) _____ ?

Anton: I take a break twice a week. On the weekend I like to relax at home.

Reporter: (3) _____ ?

Anton: Oh, I get about nine hours of sleep a night. I go to bed early and wake up early to practice.

Reporter: (4) _____ ?

Anton: I'm 23 years old.

Reporter: (5) _____ ?

Anton: There are five people in my family—my mother, my father, my two sisters, and me.

A Complete the conversations with words from the box.

bad exercise healthy junk food lifestyle shape sleep work out

- A:** I'm in _____ shape.
B: You could _____ at the gym after class.
- A:** Does he eat a lot of _____?
B: No, he has a very _____ diet.
- A:** Is drinking a lot of water part of a healthy _____?
B: Yes, of course! And you should drink water after you _____.
- A:** Mario and Yuna are in very good _____.
B: Yes, they are. They ride their bikes to work every day.
- A:** Andrei stays up late watching TV most nights.
B: He should get more _____.

B Complete the sentences with modals.

- Doctor to patient:** You have to stop smoking right now!
- Friend to friend:** You _____ drink water instead of soda.
- Mother to son:** You _____ eat all of your vegetables if you want dessert!
- Teacher to student:** You _____ study the new vocabulary. It's on the test!
- Friend to friend:** You _____ try to lose weight.
- Parent to child:** You _____ wear a helmet when you ride your bike.
- Grandchild to grandparent:** You _____ turn off your phone when you don't want to answer it.
- Personal trainer to client:** You _____ listen to music when you exercise.

C Circle the best word to complete each sentence.

- The movie tells the *heartwarming* / *lifelong* story of a child's love for his pet dog.
- Yasmin and Felipe go hiking *about* / *almost* twice a month.
- Homegrown* / *Homemade* bread tastes better than bread from the store.
- They go to the movies *not much* / *around* once a month.
- Overworked* / *Stress-free* employees are usually unhappy with their jobs.
- Miguel is my *homegrown* / *lifelong* friend.