

Unit 2

Health

LESSON 1

- review healthy lifestyles
- use indefinite quantifiers



New Words

a. Look at the pictures and find the words in the word search.



fruit



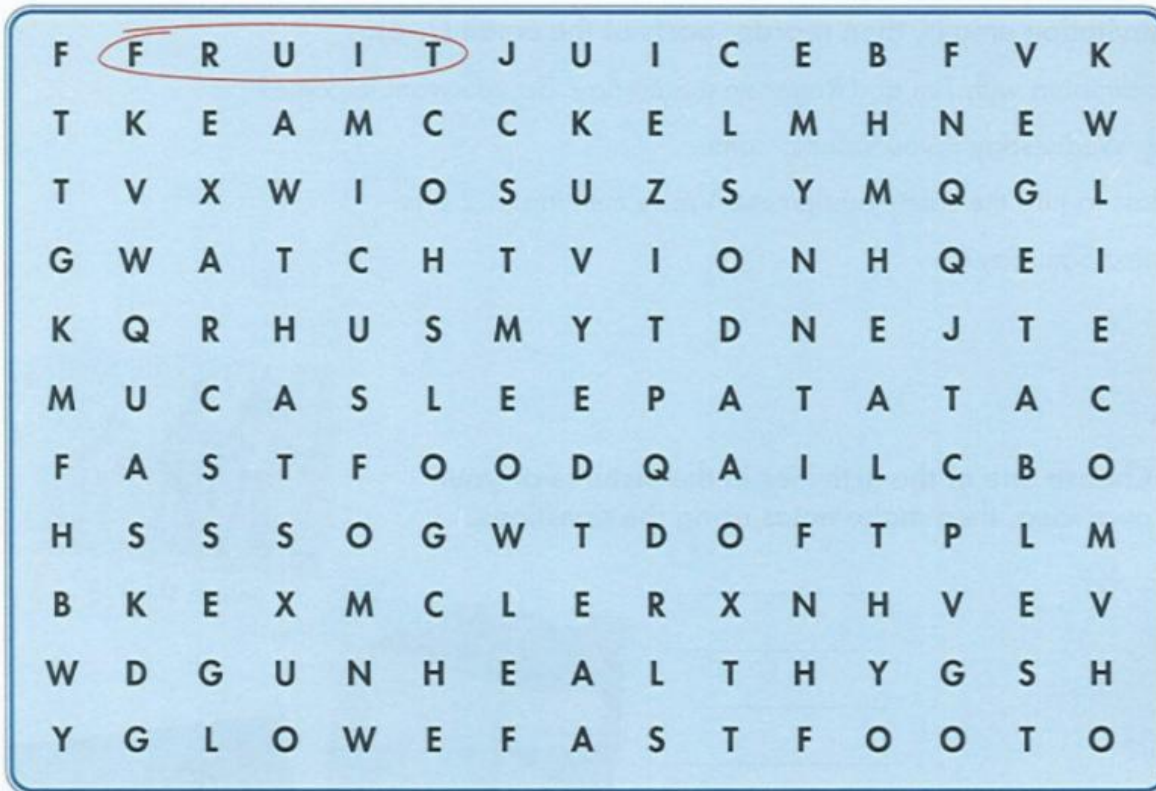
vegetables



fast food



soda



sleep



healthy



unhealthy

b. Fill in the blanks with the words from Task a.



1. My mom usually gives me an apple or oranges for snacking.
She wants me to eat more fruit.
2. It's a good idea to eat vegetables, like carrots and onions, with meat and fish.
3. My brother is unhealthy because he eats too much fast food.
4. Soda drinks such as cola has a lot of sugar.
5. I try to get at least eight hours of sleep every night.
6. You should do more exercise to stay healthy.
7. Hannah's eating habits is unhealthy. She has sweets and soda drinks with every meal.



**Reading****a. Read the blog on healthy living and choose the correct sentence.**

1. Jane is a doctor.

2. Jane is a student.

Here are my tips for healthy living. First of all, you should always get a good night's sleep. At least seven hours of good sleep will give you enough energy for the next day. It's important to get regular daily exercise and you should spend 30 minutes a day. It's also really important to eat healthy food. You should eat lots of fresh fruit and vegetables every day. And stay off that junk food. Food which contains a lot of fat or sugar is unhealthy and you shouldn't eat it too much. My mom is a doctor and she's always giving me advice on healthy living and I pass it on to my friends at school so that they can stay healthy like me.

b. Now, read and answer the questions.

1. According to Jane, how many hours should we sleep each night?
2. According to Jane, how much time should we spend exercising each day?
3. What is Jane's mom's job?
4. Who does Jane pass her mom's advice on to?

**Grammar****a. Fill in the blanks using the words in the box.**

(not) any

~~a lot of/lots of~~

some

a little



1. a lot of/lots of

2. _____

3. _____

4. _____

b. Look at the table and write sentences using indefinite quantifiers.

Name	Activity	Amount
Joe	eat junk food	
Julie	do exercise	
Bill	watch TV	
Kim	drink fruit juice	
James	play sport	

1. How much fruit juice does Kim drink?

Kim drinks a little fruit juice.

2. How much junk food does Joe eat?

3. How much exercise does Julie do?

4. How much TV does Bill watch?

5. How much sport does James play?

**Writing****Write two or three sentences about yourself. Use the activities in Task b.**

