

Name: _____

TOPNOTCH 1 - UNIT 6 - LESSON 3

MARK NEWELL

My name is Mark. I'm (1) _____, and I do a lot to stay in shape. Four or (2) _____ a week, I run on a treadmill at the (3) _____ for about thirty minutes, and then I lift weights for about an hour. My wife thinks I'm crazy! She goes to an aerobics class, but I don't take exercise classes or anything like that. And, of course, I also try to eat right. I generally skip things like (4) _____, (5) _____, or pasta. And I avoid (6) _____, if I can. I go with meat and veggies, and some fruit. But it's hard to eat like that all the time, so once in a while I pig out on (7) _____ - maybe some pizza or a burger. But that doesn't happen very often.

RIKA OINUMA

Hi, my name is Rika and I'm 18. I don't go to a gym, but I do what I can to stay in good shape. For example, I (1) _____ to school every day—it's about thirty minutes each way. That's exercise, right? And I almost always (2) _____ with my friends on weekends.

When it comes to food, I watch what I eat. I think it's important to avoid foods that aren't good for you and to choose foods that are. I don't eat fried foods — or any foods that are high in (3) _____. They say (4) _____ is very healthy, so I eat a lot of that. My only problem is I have a sweet tooth - I love sweet things. And, of course, sweets are high in (5) _____.

Richard Clark

I'm Richard-Richard Clark. Thirty-four years old. Listen, I don't (1) _____ at all. And that's just the truth. I don't have the time, and I just don't like it. My brother Patrick is big on exercise. He goes to a (2) _____ several days a week. But that's just not for me. And I don't understand all this stuff about eating (3) _____ food. What's wrong with real food? It's good. It's good for you. What's the problem? I just relax and enjoy my meals. I avoid eating big (4) _____ ... I eat (5) _____. I think people should just relax and eat what they want. OK? That's my opinion.

1. Mark Newell:

QUESTION: How often does he exercise?

- every day
- four or five days a week

QUESTION: What does he eat a lot of?

- meat and veggies
- fried foods

QUESTION: What food does he avoid?

- fruit
- sweets

2. Rika Oinuma:

QUESTION: What kind of food does she eat a lot of?

- fried foods
- fish

QUESTION: What does she try to avoid?

- fried foods
- sweets

QUESTION: What kind of exercise does she do?

- goes running and swimming
- rides her bike to school

3. Richard Clark:

QUESTION: How often does he exercise?

- exercises regularly
- doesn't exercise regularly

QUESTION: What kind of meals does he eat?

- generally eats large meals
- generally eats small meals

QUESTION: How does he eat?

- quickly
- slowly