

Health and fitness

7.1 My health, my business

Vocabulary a healthy lifestyle

1 Choose the correct verb to complete the healthy living phrases.

- 1 sleep / take seven to eight hours a night
- 2 put / do physical jobs around the house
- 3 ride / drive a bicycle
- 4 have / walk to work
- 5 go / take the stairs, not the lift
- 6 eat / take lots of fruit and vegetables
- 7 do / be an hour of exercise each day
- 8 put / drink eight glasses of water a day
- 9 see / go to the gym

2 Match the illustrations to the phrases from exercise 1.



a 7



b



c



d



e



f



g



h



i

3 Complete the article with seven phrases from exercise 1.

Small changes for a healthier life

FOOD

Try to eat more healthily, for example

1 eat lots of fruit and vegetables – doctors say that seven a day is a good number. And 2 _____ – that's about two litres a day.

EXERCISE

It can be expensive to 3 _____ and sometimes it's difficult to go every day, but there are other types of exercise you can do. On work days you can leave your car at home and 4 _____ or ride a bike – you save money and you feel good. When you arrive at the office 5 _____, to your floor. Walking up and down stairs for an hour uses over 500 calories (that's about the number of calories in a big hamburger!). After work, you can use more calories when you arrive home – don't sit in front of the TV, 6 _____ or in the garden.

RELAXING

You don't feel healthy when you're tired.

7 _____ – go to bed early and don't eat a big meal late in the evening.

➔ **STUDY TIP** When you are reading in English, look for groups of words that are used together, for example *ride a bike*, *do exercise*, *take the stairs* – these are collocations. Make a note of them in your notebook and learn them as phrases, not individual words.

Grammar past simple irregular verbs

- 4a Complete the sentences. Use the past simple form of a verb from the box.

borrow live pay play ride sleep spend stop

- We rode our bikes to school when we were children.
- She _____ money from the bank for her university fees.
- When my parents were young, they _____ in South Africa.
- Phil _____ football with his friends on Saturday.
- They _____ for the meal with a credit card.
- John _____ work at half past five and went home.
- I don't know why you're tired – you _____ for ten hours last night.
- I don't have any money – I _____ it all yesterday.

- b Look at the verbs from exercise 4a. Do they have a regular past form or an irregular past form?

- | | |
|---------------------------|---------|
| 1 <u>rode</u> – irregular | 5 _____ |
| 2 _____ | 6 _____ |
| 3 _____ | 7 _____ |
| 4 _____ | 8 _____ |

- 5 Write the verbs and their past form in the correct column. There are 12 regular verbs and 12 irregular verbs.

believe buy catch change come copy drink fly
get hear leave like look put reduce show sit
study take tidy use want watch write

Verbs with regular past simple forms	Verbs with irregular past simple forms
believe – believed	buy – bought

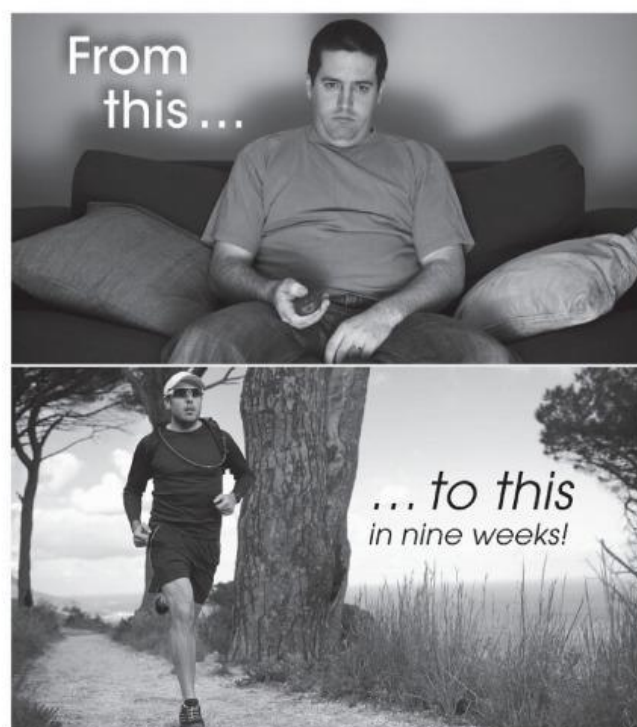
PRONUNCIATION past simple irregular verbs

- 6a 7.1 Listen to the pronunciation of the groups of three past simple verbs. Circle the verb with a different vowel sound.

- | | |
|---------------------------------|-----------------------|
| 1 taught / bought / <u>rode</u> | 4 came / drank / sang |
| 2 chose / put / wrote | 5 took / flew / put |
| 3 said / felt / heard | 6 made / ate / caught |

- b 7.1 Listen again and repeat.

- 7 Complete the blog. Use the past simple form of the verbs in (brackets).



My parents ¹ had (have) a house near the beach when I was a child and my brother and I ² _____ (swim) every day. We also played tennis and we even ³ _____ (win) some tennis competitions. However, when I ⁴ _____ (leave) home, this all changed!

I joined a gym to keep fit, but I never ⁵ _____ (go). I ⁶ _____ (drive) everywhere and I ⁷ _____ (eat) a lot of the wrong food. I was very unfit.

My best friend, James, ⁸ _____ (tell) me about a nine-week running plan called Couch to 5K. He ⁹ _____ (say) that the plan was the idea of a runner called Josh Clark – Josh ¹⁰ _____ (think) running was a good way to help his mum.

I ¹¹ _____ (find) more information about Couch to 5K on the internet and decided to try it. In the first week I walked for five minutes, then I ¹² _____ (do) twenty minutes of walking and running. In week 9, I ¹³ _____ (run) for thirty minutes without stopping three times a week and I ¹⁴ _____ (feel) great! Now I love running – last week I ¹⁵ _____ (do) a ten-kilometre race!

Read my blog to find out more!

I can ...

	Very well	Quite well	More practice
use collocations for a healthy lifestyle.	☐	☐	☐
use past simple irregular verbs.	☐	☐	☐