

1. Watch the video. Write questions to the answers.

_____	? In the morning the Queen has breakfast in
bed.	
_____	? After breakfast she feeds her dogs.
_____	? After that she reads the newspaper.
_____	? After reading the newspaper she takes her
dogs for a walk.	
_____	? Yes, the Queen does gardening.
_____	? Yes, the Queen and her gardener are
friends. They eat lunch together.	
_____	? Yes, she spends time with her husband
often - every day after lunch.	
_____	? Yes, she can drive. She drives to the stables
every day.	
_____	? The Queen and her friend like to ride
horses together.	
_____	? The Queen works in the afternoon.
_____	? In the evening the Queen and her family
watch TV.	

2. Watch the videos, then do the exercises.

1) Number these lines in the dialogue in the order you hear them.

- Mr. Evans Exercise later, work now please.
- Bob: I'm working.
- Mr. Evans Then why are you running?
Bob Yes, sir.
- Mr. Evans What are you doing?
- Bob To get in shape. Running burns a lot of calories.

2) Write questions to the answers.

- a) _____ ? Bob exercises in the office because he doesn't have time to go to the gym.
- b) _____ ? Yes, Bob is bothering his colleagues.
- c) _____ ? Marie goes running in the morning, she does aerobics two nights a week, she always plays tennis or golf on the weekends, and she usually goes bike riding every Sunday if the weather is good.
- d) _____ ? No, Marie doesn't like going to the gym.
- e) _____ ? Marie runs more than Bob.
- f) _____ ? He doesn't want to run with her anymore because he's afraid he couldn't keep up.
- g) _____ ? He's answering the phone because Marie has to go to the post office.
- h) _____ ? Bob eats cake after exercising in the office.

3. Watch the documentary *The Island of Okinawa*.

Mark the sentences T (true) or F (false).

- 1) The Island of Okinawa is north of Japan.
- 2) 70-year-old Okinawans have the bodies of 50-year-olds.
- 3) *Hara hachi* means stop eating before you're full.
- 4) The Okinawans don't eat meat or fish.
- 5) They eat a lot of seaweed.
- 6) They do yoga every day.

- 7) The Okinawans are often in a hurry.
 8) When Okinawans reach 100 they have a ceremony called *kajimaya*.

Answer the questions.

- 1) What sort of life do they have?
- 2) What do you think is the main thing keeping them healthy?
- 3) Do you think they are happy? Why /why not?
- 4) Do you think we could learn something from them. If so, what can we learn?

4. Translate the texts. Decide where to use Present Simple or Present Continuous.

 <p>Таня е здрав човек. Тя има балансирана диета. Тя спортува и пие по два литра вода на ден.</p> <p>Таня харесва спорта и прави физически упражнения редовно. Тя тича, ходи на фитнес, кара колело.</p> <p>Тя гледа телевизия, но само по един час на</p>	 <p>Сара не е здрав човек. Тя харесва плодове и зеленчуци, но харесва и мазни храни. Любимата ѝ храна са бургерите, и тортите, и всички сладки. Тя е дебела. Но тя иска да се промени.</p> <p>Сега прави диета. Яде повече зеленчуци и пие повече вода. Тя прави физически упражнения и тича също.</p>
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ден. Не харесва да играе компютърни игри. Предпочита да слуша музика. Гледа йога видеа. Йогата ѝ е любимият спорт.	Тя сега не играе на компютърни игри. Търси информация за диети онлайн. Сега тя се храни балансирано. Тя полага усилия да живее по - здравословно.
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