

**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 торти, 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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