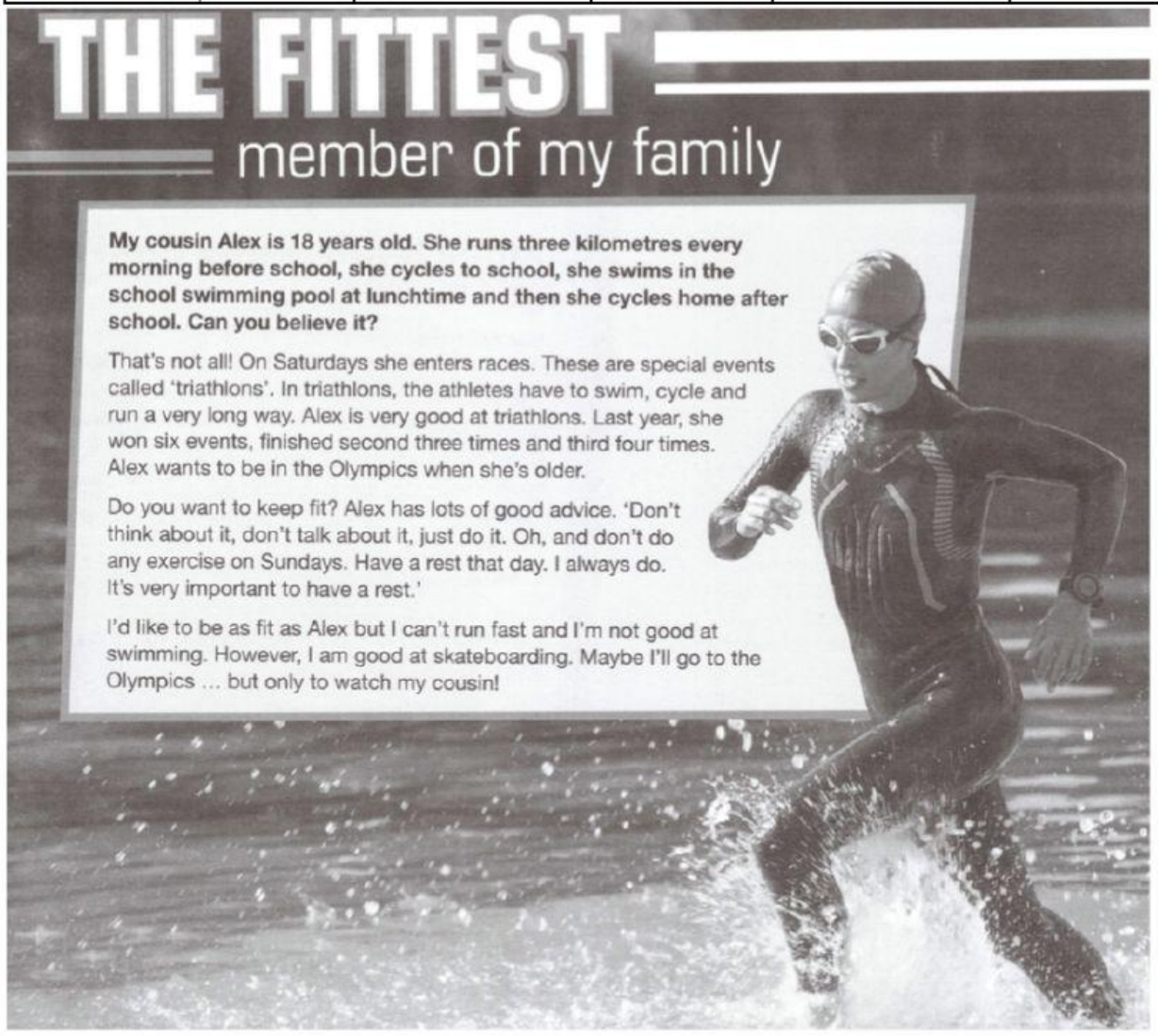
LEVEL 2

UNIT 13. HEALTHY BODIES

READING:

1. Read the article and tick (✓) the sports that are mentioned.

1 baseball	_____	4 running	_____	7 snowboarding	_____
2 cycling	_____	5 skateboarding	_____	8 surfing	_____
3 football	_____	6 skating	_____	9 swimming	_____



2 Read the article again and answer the questions. Write complete sentences.

1 How does Alex get to school?

2 What does she do at lunchtime?

3 What does she do on Saturdays?

4 How many triathlons did she win last year?

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5 What does she want to do when she is older?

6 When does she have a rest?

LISTENING:

[Track 13 - WB]

1. Listen to four conversations. Match the conversations (1-4) to the places (A-D).

	
	
	
	

2. Listen to the conversations again. Are the sentences right (✓) or wrong (X)?

1 William hasn't got a headache.

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2 Susie has got a pain in her arm.

3 Carla's eye hurts.

4 Marek's foot hurts.

5 Marek thinks his hand is broken.

3. Complete the sentences from the conversations with the words in the box. Then listen again and check your answers.

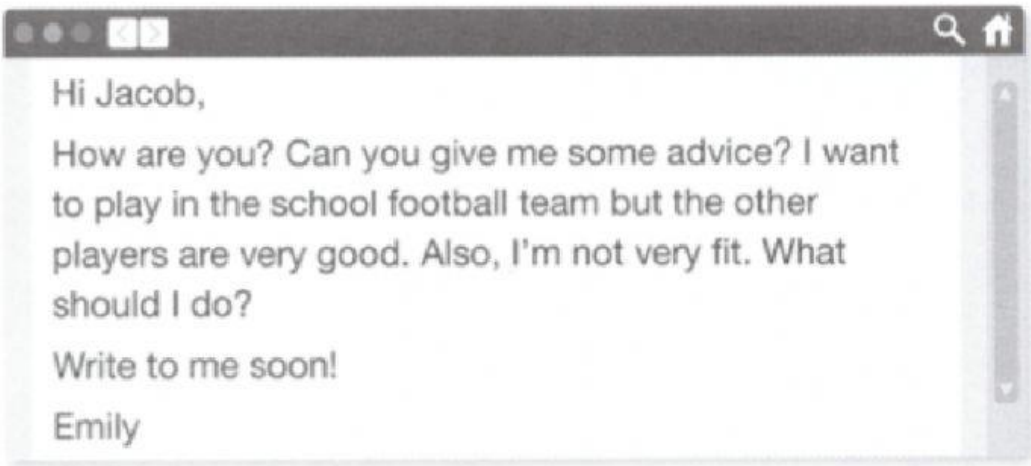
about	matter	should	wrong

1. You take some medicine.
2. What's the , Susie?
3. OK, Carla. Tell me, what's
4. What your hand?

WRITING: An email giving advice

1 Read the email from Emily to her penfriend Jacob. What does Emily want?

_____

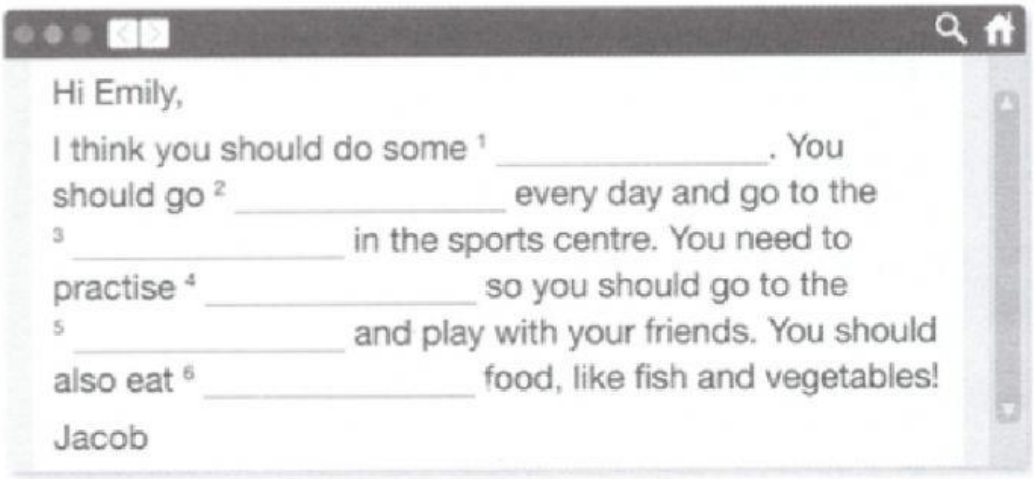


2. Complete Jacob's answer to Emily's email with the words in the box.

exercise football gym healthy park running

exercise	football	gym
healthy	park	running

LIVEWORKSHEETS



Hi Emily,

I think you should do some [1] _____. You should go [2] _____ every day and go to the [3] _____ in the sports centre. You need to practise [4] _____ so you should go to the [5] _____ and play with your friends. You should also eat [6] _____ food, like fish and vegetables!

Jacob

3 Read Jacob's email again and answer the questions.

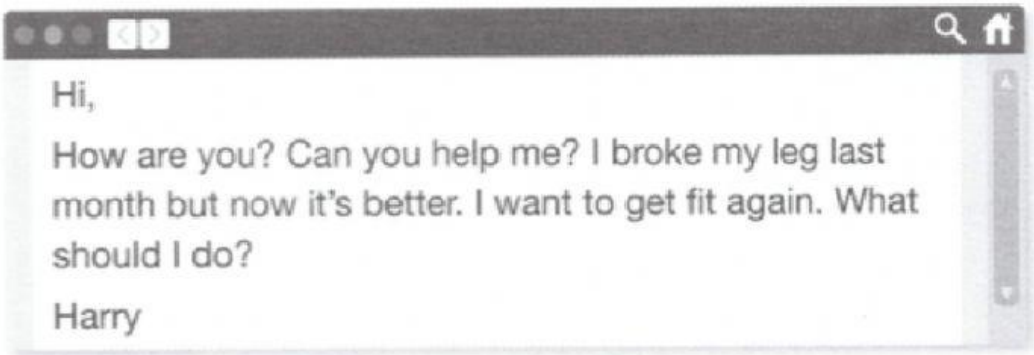
1 How often should Emily go running?

2 Where should she go in the sports centre?

3 Who should she play football with?

4 What should she eat?

4 Read the email from your friend Harry. Write an answer to him. Write about 50 words.



Hi,

How are you? Can you help me? I broke my leg last month but now it's better. I want to get fit again. What should I do?

Harry

Hi Harry.

_____

_____

_____

_____

_____

LIVEWORKSHEETS