

**2 Read the conversation again and decide whether the following statements are true (T) or false (F).**

	T	F
1. Nam has always had healthy habits.		
2. He has learnt the importance of exercise and healthy food.		
3. Nam's grandfather goes to sleep early, exercises every day, and eats healthily.		

**3 Fill in the blanks to make phrases from 1 with the following meanings.**

1 full of \_\_\_\_\_ having the strength and enthusiasm we need for physical or mental activity

2 bad \_\_\_\_\_ things we often do that are not good for our health

3 \_\_\_\_\_ physical or mental activity that we do frequently to stay healthy

4 \_\_\_\_\_ the correct types and amounts of food that we need to stay healthy

**4 Complete the text based on the conversation in 1. Use the correct forms of the verbs in brackets.**

In the past, Nam (1. eat) \_\_\_\_\_ fast food and often stayed up late. But he (2. start) \_\_\_\_\_ eating healthy food and (3. give) \_\_\_\_\_ up bad habits. He has changed his lifestyle since he (4. visit) \_\_\_\_\_ his grandfather, who (5. just, celebrate) \_\_\_\_\_ his 90th birthday.

## II LANGUAGE

### Pronunciation

#### Strong and weak forms of auxiliary verbs

#### Remember!

- Auxiliary verbs at the beginning of Yes/No questions do not receive stress and are pronounced in their weak forms.
- At the end of short answers, they often receive stress and are pronounced in their strong forms.

**1 Listen and repeat. Pay attention to the strong and weak forms of the auxiliary verbs. Then practise saying them.**

Weak forms	Strong forms	Weak forms	Strong forms
Do you ...? /də/	I do. /du:/	Could we ...? /kəd/	We could. /kud/
Does she ...? /dəz/	She does. /dʌz/	Were they ...? /wə/	They were. /wɜ:/
Can I ...? /kən/	You can. /kæn/	Has he ...? /həz/	He has. /hæz/

**Mark:** Have you started working out again?  
/həv/

**Nam:** Yes, I have.  
/hæv/

**Mark:** Was it your grandfather who taught you?  
/wəz/

**Nam:** Yes, it was.  
/wɒz/

**2 Work in pairs. Read these sentences out loud. Pay attention to the strong and weak forms of the auxiliary verbs. Then listen and check.**

- Does she exercise? – Yes, she **does**.
- Were you eating healthily? – Yes, I **was**.
- Do you eat vegetables? – Yes, I **do**.
- Can he get up early? – Yes, he **can**.