

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 _____ exercise physical or mental activity that we do frequently to stay healthy

4 _____ diet 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 (3) 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. /dəz/	Were they ...? /wə/	They were. /wəz/
Can I ...? /kən/	You can. /kən/	Has he ...? /həz/	He has. /həz/

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

Nam: Yes, I have.
/həv/

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

Nam: Yes, it was.
/wəz/

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

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