

MODULE 4 : SECTION THREE : LET'S KEEP FIT

1-Look at the picture and complete the paragraph with words from the box :

Chocolate – practise – fat – cigarettes – eat - slim



Hello, my name is Jim . I'm 30 years old . I'm very

1-..... I smoke many 2-.....

a day .I like sweets and 3-.....

I 4-.....too much food and I don't

5-..... sport . I weigh 80 kgs .

What must I do ?

2-Choose the appropriate sentences to complete the doctor's advice to Jim to keep fit .

- \*eat much bread and spaghetti
- \* eat fruit and vegetables
- \*practise sport like jogging , press ups or sit ups
- \* drink much tea , coffee and coke
- \*stop smoking
- \*have regular meals
- \* walk for an hour every day
- \*eat sweet things
- \* eat well
- \* have a balanced diet .



You **should** .....

You **shouldn't**.....

I **advise you to** .....

**Don't** .....

**Stop** .....



*sit ups*



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*press ups*



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*jogging*

3-Look at the picture and complete the paragraph with words from the list

Don't – meals – years – fat – food – fit – many – much



Hello, my name is Jack. I'm 20 **1**-.....  
Old . I'm thin . I **2**-..... eat much **3**-  
.....and I don't have regular **4**-  
.....but I eat **5**-.....  
Sweets and I don't practise sport .I'm not fit .  
Please help me .

4-Write sentences to give Jack some pieces of advice :

.....  
.....  
.....  
.....

5-Read Text 1 and Text2 and complete:

\*Jim isn't fit because he eats .....food and smokes ..... cigarettes .

\*Jack is thin because he doesn't eat.....and he doesn't have .....

**Complete the rule :**

~~~~~  
< **Many + countable noun**    ➡    .....  
< ..... **+ non countable**    ➡    .....  
< ~~~~~

6- Complete with **many** or **much** :

- a- I have 1..... friends .
- b- The baby must drink 2..... milk .
- c- Ann can speak 3-..... languages .

**Writing :** You are a doctor at school . You give advice to a fat pupil about how to  
keep fit.