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



press ups



jogging

LIVEWORKSHEETS

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.

LIVEWORKSHEETS