

Listening

a. Listen to Ben talking about exercise and healthy eating and circle the correct answer. 

Ben is... a. healthy. b. unhealthy. 

b. Now, listen and choose the correct answers. 

1. His mom says he should...
 a. do more exercise.
 b. watch less TV.
 c. eat more fruit.

2. His teachers say playing sport is...
 a. not important.
 b. important.
 c. healthy.

3. He doesn't agree with...
 a. his parents.
 b. his teachers.
 c. both.

4. He doesn't like...
 a. hamburgers.
 b. salad.
 c. soda.



Reading

a. Read the letter and answer the question.

What does Roger want to use the youth club for?



1. a football match 2. a sports day

Roger Jones
 102 Brown Street,
 Arkham, Massachusetts
 10004

Mr. Ron Johnson – Manager
 Arkham Youth Club, 247 Elm Hill,
 Arkham, Massachusetts
 10006

Dear Mr. Johnson,

My name is Roger Jones and I am a member of the youth club. I am writing to ask if you can let our class use the youth club next month for a special sports day. We do not have our own place to hold the sports day. We would like to use the club's playing field for a sponsored football match between our class and our teachers. We would also like to use the table tennis room for a competition. We want our school students to be healthier by playing more sport in their free time. Please help us.

Sincerely,

Roger Jones

b. Now, read and answer the questions. 

1. What street does Roger live on?
 2. What is the problem?
 3. What do Roger and his class want to use?
 4. Why do they want students to play more sport in their free time?



Writing Skill



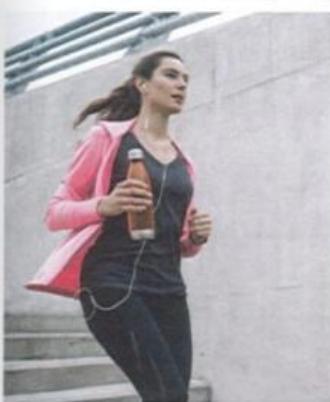
Writing Skill

Writing request letters

To make requests effectively in a letter, you should:

1. Write your address at the top and the receiver's address below.
2. Write a greeting.
3. Say who you are and why you are writing.
4. Introduce the problem.
5. Give useful solutions.
6. Ask the reader to do something.
7. Finish the letter with a farewell and your name.

Read about writing request letters, then number the sentences (1–7).



- a. Our fitness hall is closed until next month. _____
- b. John West, 215 Penny Lane, Liverpool L15 9EB
Ms. Harris, 83 Pound Street, Liverpool L15 9AY _____
- c. Dear Ms. Harris, _____
- d. My name is John from Penny Lane Fitness Center and I am writing to ask if we can use the town hall for our fitness classes. _____
- e. Sincerely,
John West _____
- f. We would like to use the town hall on Wednesdays from 7 until 9 p.m. _____
- g. Please help us by saying yes. _____



Planning

Think about sports and fitness in your school. Is there enough space to play sports and do exercise? What kind of sports equipment (bats, balls, table tennis) or facilities (swimming pool, football pitch) would you like to have? Complete the table about your school.

Address of your school	
Name of your principal	
Space and equipment in your school	
Sports and fitness equipment you would like to have	



Writing

Now, write a letter to the principal of your school asking for more sports and fitness facilities. Use the Writing Skill box to help you. Write 60 to 80 words.

