



Unit 6 – Lesson 5



J: Joe A: Anna

J: Hello Anna! Why are you a helmet?

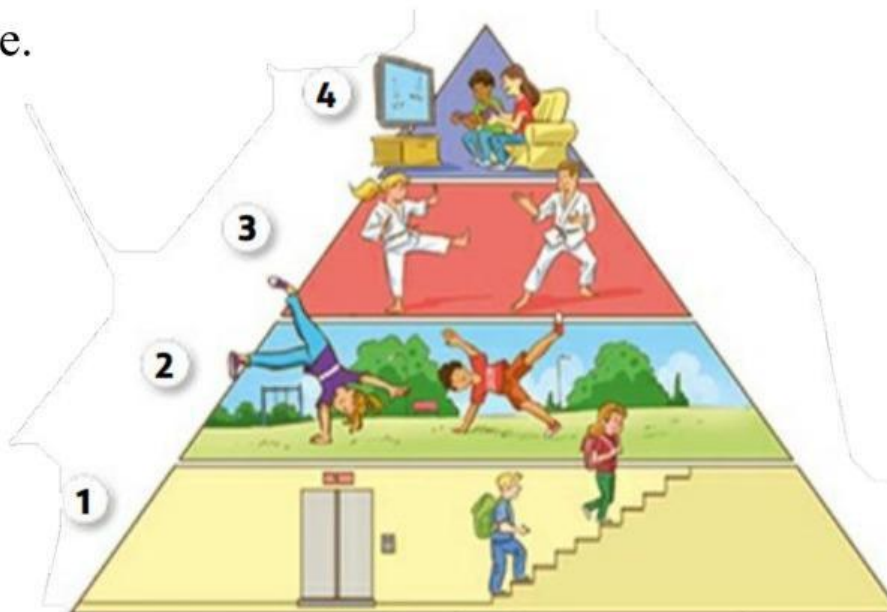
A: Hi Joe. I've taken up skateboarding! I told you I
start something new. I do it twice a week. You should try!
Do you about the "Activity Pyramid"?

J: No.

A: It's a diagram showing how you should do
different activities to stay fit. Level 1 the things
you should do every day.

J: You mean, like computer games?

A: That won't keep you fit! No, things like taking the
..... instead of an elevator, and helping the
house.





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J: around the house? Every day?!

A: Yes. You should eat a every day, too.

J: That sounds sensible—I eat lots of fruit and!

A: Great! Level 2 has activities that you should do three to five a week, like running around with friends, or doing in the park.

J: Three to five times a week? That's a lot!

A: You need to move a lot to fit!

J: Yes, I suppose you're right.

A: Level 3 has more difficult activities you should do once or twice a week—things that help you get stronger, like arts, swimming, bike, and skateboarding..

J: So, where are computer games?

A: They're in level 4!





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J: So, they're the most

A: No, it doesn't mean that! At the top are activities you should only do sometimes—like watching TV. You can play computer games, but you should time, so you don't sit there for hours!

J: I know you're right! I love computer games, but my dad said I needed to play more. I should be more active. I might go skateboarding with you!

A: That's great! You can come to the with me this weekend. It'll be fun!

