

Vocabulary Builder

Task I

Match the word in bold with its synonym.

have difficulty	•	• amount
motivate	•	• fit
depressed	•	• relax
quantity	•	• sad
stay away from	•	• encourage
in shape	•	• have trouble
stay alert	•	• avoid
take it easy	•	• pay attention

Task II

Use the words in the box to fill in the blanks.

pressure deal with work out daily nutrition competitive

1.	A: How often does the boat go to the island? B: It makes two trips _____.	2.	A: Why did you leave the tennis team? B: There was too much _____ to win.
3.	A: I don't know how to _____ this problem. B: You should ask Tommy for advice.	4.	A: Do you like to _____? B: No. I hate exercising.
5.	A: Why don't you play with Penny? B: She's too _____. It's no fun.	6.	A: Are these snacks healthy? B: I don't know. There is some information about the _____ right here.

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Language Center

Task I

Write down some foods that are:

1. high in fat: _____
2. low in sugar: _____
3. rich in calcium: _____
4. full of protein: _____
5. high in salt: _____
6. low in fat: _____

Task II

Use the words in the box to fill in the blanks.

out of shape gain a few pounds lose weight keep to put on weight cut down on

1. Martha is really thin. She should _____.
2. The doctor told me to _____ sugar.
3. Ronald eats too much junk food. He should _____ a healthy diet.
4. I should go on a diet. I have really _____ lately.
5. If you think you're too fat, you should _____.
6. Henry never exercises. He is _____.

Task III

Use the correct form of the words in the box to fill in the blanks.

focus walk sleepy tired sick feel leave eat hungry come

1. My legs are so _____ that I can't _____.
2. I don't feel up to _____ the house. I'm really _____.
3. I'm too _____ to _____ on my project. I can't keep my eyes open.
4. Tim is not _____ well enough to _____ with us.
5. They were so _____ that they _____ grass.

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Grammar

Correct the mistakes in each sentence.

1. Do you know where does Corina come from?

→ _____

2. I was angry what Peter didn't tell the truth.

→ _____

3. Whether she enters this university or not are important to her parents.

→ _____

4. The teacher asks that the student is quiet for a moment.

→ _____

5. Marie feels sad about if happened yesterday.

→ _____

6. What does Sandy always surprises her classmates.

→ _____

7. It is necessary that we speaking soon.

→ _____

8. He suggests that we not to worry too much.

→ _____

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Reading

Look at the following information. Fill in the blanks with the choices provided: gym, weight, unhealthy, calories, body, weighs, effective, muscle.

Common Myths about Exercise

- ◆ Exercise turns fat into 1. _____. False. One type of cell cannot be turned into another. But exercise helps you burn more 2. _____ and lose fat.
- ◆ Early morning is the best time to work out. False. Working out between 1 p.m. and 4 p.m. is just as 3. _____ as working out early in the morning.
- ◆ You should hit the 4. _____ every day. False. Your 5. _____ needs to rest so that your muscles can cool down.
- ◆ Lifting doesn't help with 6. _____ loss. False. A person who 7. _____ 155 pounds burns, on average, 112 calories from 30 minutes of weight training.
- ◆ Sports drinks are good for you. False. Sports drinks are 8. _____ because they are loaded with sugar.

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