1.Complete the sentences about sports champions with *train*, *good* and *healthy*.

a Champions are _____ at their sport.

b They _____ a lot.

c They have got a _____ lifestyle.

2.Listen to the interviews with Denise and Gary. What are their sports? Complete the interviewer's notes about Denise and Gary.



Denise

1 Where does she play volleyball?

At _____ Club.

2 When does she train?

At _____o'clock in the morning.

3 How often does she eat fruit and vegetables?

_____ day.

4 Has she got time for homework?

_____

LIVEWORKSHEETS



Gary

5 How many friends has Gary got in his club?

He's got _____ friends.

6 When does Gary train?

From five to _____ every day.

7 When are Gary's competitions?

Usually on _____ mornings.

8 What does Gary always eat on Saturdays?

_____ .

3.Have Denise and Gary got a healthy lifestyle?

4.Has Lucas got a healthy lifestyle? Read his blog and find out

My lifestyle!



Sleep

I go to bed at half past nine on school days and I get up at eight o'clock. I *love* sleeping!

Food

My favourite food is pizza. Mum and Dad don't like pizza. Yes, really! They like fruit and vegetables … . I drink a lot of water.

Sports and friends

I'm not very sporty but I like watching football on TV. I love music and I play the guitar every day after school from 5 to 6. I often hang out with Jen, Alex and Lian too!

LIVEWORKSHEETS

Writing
Checking for grammar mistakes

Read through the first draft of your text to check for grammar mistakes. Check your final draft too.

I love ~~sleep~~ sleeping.

5.Correct the underline mistakes.

1.I like eat chocolate. _____

2.I hate swimming but my friends like him. _____

3.He eat a healthy breakfast. _____

4.We like do sports. _____

6.Write about your lifestyle

Find ideas

Make notes under these headings.

Sleep	*I go to bed at … / I get up at …*
Food	*My favourite food is …*
Sports and friends	*I'm / I'm not very sporty.* *I love/like/don't like/ hate …* *I often/sometimes hang out with …*

Draft

Write about your lifestyle.

Check and write

Check your grammar and write the final version of your text.

LIVEWORKSHEETS