

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?  
\_\_\_\_\_



**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!

# 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.