

## Lesson **A** Vocabulary and Grammar

### **A** Match the words and meanings.

- |                              |                                                  |
|------------------------------|--------------------------------------------------|
| _____ 1. lifestyle           | a. have an unhealthy body                        |
| _____ 2. be in bad shape     | b. exercise in a gym                             |
| _____ 3. work out            | c. eat different kinds of healthy food           |
| _____ 4. be in good shape    | d. have a healthy body                           |
| _____ 5. junk food           | e. sitting or lying in the sun                   |
| _____ 6. sunbathing          | f. how you live                                  |
| _____ 7. eat a balanced diet | g. unhealthy food like candy, chips, and cookies |

### **B** Complete the sentences with the words from A.

Anton and Petrul are brothers. Anton has a good job, but he doesn't have a healthy (1) \_\_\_\_\_. He works long hours in front of a computer. He doesn't take breaks, or (2) \_\_\_\_\_ regularly. He belongs to a gym, but he never (3) \_\_\_\_\_ there. He says he doesn't have time. As a result, he (4) \_\_\_\_\_.

On the other hand, Petrul has a (5) \_\_\_\_\_ lifestyle. Petrul also works hard, but he (6) \_\_\_\_\_. He rides his bike to work. He belongs to the same gym as his brother, but unlike Anton, he (7) \_\_\_\_\_ three times a week. Petrul tries not to eat (8) \_\_\_\_\_. He's learning to cook healthy food. He cooks for Anton sometimes, because he wants Anton to eat (9) \_\_\_\_\_ meals, too.

### **C** How strong is the advice in each sentence? Circle the correct answer.

- |                                         |        |        |             |
|-----------------------------------------|--------|--------|-------------|
| 1. You should go to bed earlier.        | gentle | strong | very strong |
| 2. You have to quit smoking.            | gentle | strong | very strong |
| 3. You could eat salad for lunch.       | gentle | strong | very strong |
| 4. You could go to the gym after work.  | gentle | strong | very strong |
| 5. You must stop eating so much sugar.  | gentle | strong | very strong |
| 6. You shouldn't drink so much coffee.  | gentle | strong | very strong |
| 7. You could go to bed an hour earlier. | gentle | strong | very strong |
| 8. You have to change your lifestyle.   | gentle | strong | very strong |

## Lesson **B** Listening

**A**  28 Listen. Circle **T** for *true* or **F** for *false*.

- |                                                       |   |   |
|-------------------------------------------------------|---|---|
| 1. Hiroto travels for work.                           | T | F |
| 2. Ivan cooks and eats fresh food.                    | T | F |
| 3. Gloria drinks a lot of energy drinks.              | T | F |
| 4. Gloria gets a lot of sleep.                        | T | F |
| 5. Ivan gets exercise as a part of his job.           | T | F |
| 6. Hiroto doesn't like to cook.                       | T | F |
| 7. Hiroto gets the most exercise.                     | T | F |
| 8. Gloria thinks that drinking coffee is a bad habit. | T | F |
| 9. Ivan doesn't like seafood.                         | T | F |
| 10. Hiroto often eats protein bars.                   | T | F |

**B**  28 Listen again. Check (✓) the correct name(s).

- Who exercises?
- Who has a stressful job?
- Who eats unhealthy food?
- Who doesn't have time to exercise?
- Who drinks a lot of coffee?
- Who doesn't get enough sleep?
- Who exercises as part of their job?
- Who spends their time off with family?

| Hiroto | Ivan | Gloria |
|--------|------|--------|
|        |      |        |
|        |      |        |
|        |      |        |
|        |      |        |
|        |      |        |
|        |      |        |
|        |      |        |
|        |      |        |

**A** Complete the compound adjectives.

1. (delicious) mouth \_\_\_\_\_
2. (not from a factory) home \_\_\_\_\_
3. (makes you happy) heart \_\_\_\_\_
4. (for your whole life) life \_\_\_\_\_
5. (relaxing) stress- \_\_\_\_\_
6. (too busy) over \_\_\_\_\_
7. (without a lot of calories) low- \_\_\_\_\_
8. (from your own garden) home \_\_\_\_\_

**B** Complete the sentences with the compound adjectives in **A**.

1. Stephen started writing stories when he was eight. His \_\_\_\_\_ dream is to be an author.
2. Mrs. Ting can sew very well. As a result, her daughters often wear \_\_\_\_\_ dresses.
3. She often falls asleep on the bus on the way home from work. She must be \_\_\_\_\_.
4. Hinata needs to lose weight, so she is eating \_\_\_\_\_ food for the next month.
5. Mr. Garcia wants a \_\_\_\_\_ job.
6. Maria made a delicious sauce with \_\_\_\_\_ tomatoes from her garden.
7. More than a million people liked the \_\_\_\_\_ video on social media.
8. Emilio's Restaurant is famous for it's \_\_\_\_\_ pizza.

**C** A reporter is interviewing Anton Muskov, a famous basketball player. Write questions with *how*.

**Reporter:** How (1) \_\_\_\_\_ play basketball?

**Anton:** I play five times a week. That's every day from Monday to Friday.

**Reporter:** (2) \_\_\_\_\_?

**Anton:** I take a break twice a week. On the weekend I like to relax at home.

**Reporter:** (3) \_\_\_\_\_?

**Anton:** Oh, I get about nine hours of sleep a night. I go to bed early and wake up early to practice.

**Reporter:** (4) \_\_\_\_\_?

**Anton:** I'm 23 years old.

**Reporter:** (5) \_\_\_\_\_?

**Anton:** There are five people in my family—my mother, my father, my two sisters, and me.

**A** Complete the conversations with words from the box.

bad exercise healthy junk food lifestyle shape sleep work out

1. **A:** I'm in \_\_\_\_\_ shape.  
**B:** You could \_\_\_\_\_ at the gym after class.
2. **A:** Does he eat a lot of \_\_\_\_\_?  
**B:** No, he has a very \_\_\_\_\_ diet.
3. **A:** Is drinking a lot of water part of a healthy \_\_\_\_\_?  
**B:** Yes, of course! And you should drink water after you \_\_\_\_\_.
4. **A:** Mario and Yuna are in very good \_\_\_\_\_.  
**B:** Yes, they are. They ride their bikes to work every day.
5. **A:** Andrei stays up late watching TV most nights.  
**B:** He should get more \_\_\_\_\_.

**B** Complete the sentences with modals.

1. **Doctor to patient:** You have to stop smoking right now!
2. **Friend to friend:** You \_\_\_\_\_ drink water instead of soda.
3. **Mother to son:** You \_\_\_\_\_ eat all of your vegetables if you want dessert!
4. **Teacher to student:** You \_\_\_\_\_ study the new vocabulary. It's on the test!
5. **Friend to friend:** You \_\_\_\_\_ try to lose weight.
6. **Parent to child:** You \_\_\_\_\_ wear a helmet when you ride your bike.
7. **Grandchild to grandparent:** You \_\_\_\_\_ turn off your phone when you don't want to answer it.
8. **Personal trainer to client:** You \_\_\_\_\_ listen to music when you exercise.

**C** Circle the best word to complete each sentence.

1. The movie tells the *heartwarming* / *lifelong* story of a child's love for his pet dog.
2. Yasmin and Felipe go hiking *about* / *almost* twice a month.
3. *Homegrown* / *Homemade* bread tastes better than bread from the store.
4. They go to the movies *not much* / *around* once a month.
5. *Overworked* / *Stress-free* employees are usually unhappy with their jobs.
6. Miguel is my *homegrown* / *lifelong* friend.