

MODULE 4 : SECTION THREE : LET'S KEEP FIT

1-Look at the picture and complete the paragraph with words from the box :

Chocolate – practise – fat – cigarettes – eat - slim



Hello, my name is Jim . I'm 30 years old . I'm very

1-..... I smoke many 2-.....

a day .I like sweets and 3-.....

I 4-.....too much food and I don't

5-..... sport . I weigh 80 kgs .

What must I do ?

2-Choose the appropriate sentences to complete the doctor's advice to Jim to keep fit .

- *eat much bread and spaghetti
- * eat fruit and vegetables
- *practise sport like jogging , press ups or sit ups
- * drink much tea , coffee and coke
- *stop smoking
- *have regular meals
- * walk for an hour every day
- *eat sweet things
- * eat well
- * have a balanced diet .



You **should**

You **shouldn't**.....

I **advise you to**

Don't

Stop



sit ups



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press ups



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jogging

3-Look at the picture and complete the paragraph with words from the list

Don't – meals – years – fat – food – fit – many – much



Hello, my name is Jack. I'm 20 **1**-.....
Old . I'm thin . I **2**-..... eat much **3**-
.....and I don't have regular **4**-
.....but I eat **5**-.....
Sweets and I don't practise sport .I'm not fit .
Please help me .

4-Write sentences to give Jack some pieces of advice :

.....
.....
.....
.....

5-Read Text 1 and Text2 and complete:

*Jim isn't fit because he eatsfood and smokes cigarettes .

*Jack is thin because he doesn't eat.....and he doesn't have

Complete the rule :

~~~~~  
< **Many + countable noun**      ➡ .....  
< ..... **+ non countable**      ➡ .....  
< ~~~~~

6- Complete with **many** or **much** :

- a- I have 1..... friends .
- b- The baby must drink 2..... milk .
- c- Ann can speak 3-..... languages .

**Writing :** You are a doctor at school . You give advice to a fat pupil about how to  
keep fit.