UNIT 2

Lesson 1

Healthy Habits

1. Unscramble the words and identify healthy and unhealthy habits. Then, check (√) the ones you see in your community.

a. ngaeti/ttyfa/soodf	*eating fatty foods*	☐	e. sominkg		☐
b. drkining/weatr		☐	f. dinog/ercxseie		☐
c. bgein/sendartey		☐	g. hanvig/a/haltehy/deti		☐
d. dinnkrig/sdoa/ppso		☐	h. slenepig/wlel		☐

2. Complete the hypotheses with the habits from exercise 1 using the correct form of the verbs. Then, match them with the problems.

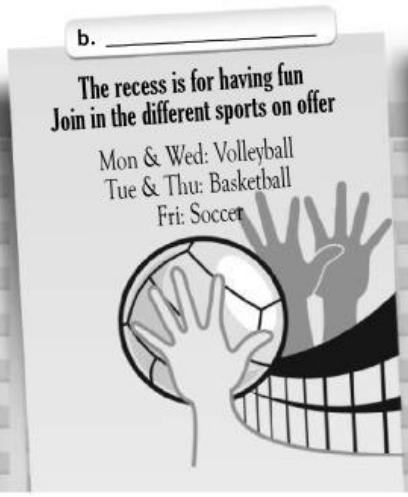
Unhealthy Habits at Franklin High

Problems	Hypotheses
a. Some of our classmates arrived late to class and looked very tired.	☐ 1. They must not have _____ enough _____ before the physical education class.
b. Some partners have gained extra weight. Obesity is now more evident in our school.	☐ 2. They might not have _____ _____ at night after watching TV or using the computer.
c. Some classmates got really tired during physical education class and had difficulty doing the aerobics exercises.	☐ 3. They could have _____ _____ when they were children and now they do not like doing any physical activity.
d. The older students do not enjoy participating in any sports or doing exercise on weekends.	☐ 4. The children must have _____ _____ with their lunch instead of water, milk or fruit juice.
e. Primary school teachers said that children were very hyperactive in class and couldn't concentrate.	[b] 5. They might have ___*eaten*___ ___*fatty foods*___ like hamburgers, potato chips and sodas.

3. For big problems, there are big solutions. Read the following posters. What healthy habits are the students encouraging?

a. _____

b. _____



c. _____

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4. Jane Fonda is in her early 70s and still is a very fit person. Use the pictures and the Word Bank to speculate why she is still fit.

Word Bank
- stay away
- ~~be active~~
- sleep well
- eat healthy food

Grammar Strategy

Use Past Modals ***must have / could have / might have + verb in past participle***, to speculate, deduce, or make guesses about past situations based on evidence.

a. *She must have been active.*

c. _____

b. _____

d. _____

5. Complete the following conversations by using the modal that best suits. Use the Word Bank.

Word Bank
- Must-90%
- Might-50%

a. Why does Philip look tired? He sometimes exercises in between classes. He _____*must*_____ have played soccer during the break.

b. I never thought Tina worried much about her appearance, but she has lost a few pounds! She _____ have felt overweight.

c. Mary has arrived early for once! It's unbelievable!
Her parents bought her a new bike, so she _____ have biked to school.

d. I sat with my friends Carol and Mike during the break. I went to grab some water and when I came back my candy bar was gone. Mike loves candy but Carol doesn't. Mike _____ have taken it.

e. Lina is not usually very active in class. But today she was very full of life and didn't fall asleep in any class! Well, she watches TV until midnight every day. Last night, she _____ have gone to bed early.

Word Bank
- Probably = must have
- It's very likely that = must have
- It could be that= could have
- It's possible = might have

6. Rewrite the sentences by substituting the underlined words for a modal verb. Use the information in the Word Bank.

a. The children *probably* ate veggies in their lunch.
They must have eaten veggies in their lunch.

b. The school principal went to the gym after school yesterday. He *probably* felt stressed.
_____

c. The students are sweating. *It could be that* they played volleyball during the break.
_____

d. The English teacher was in a good mood. *It's very likely that* the students practiced their presentation at home.
_____

e. Most children were eating fruit. *It's possible that* the cafeteria had healthy options.
_____

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