

VOCABULARY **Health**

- 1** For each phrase in the box, two verbs are right and one is wrong. Cross out the wrong verb for each phrase.

EP

| | |
|--------------------|-------------------------|
| get / keep / do | fit |
| enter / do / stay | a race |
| go / eat / sleep | well |
| have / take / do | a rest |
| make / feel / stay | healthy |
| do / keep / try | some exercises in a gym |
| get / do / keep | some exercise |

- 2** Complete the sentences with the correct tense of the verbs in Exercise 1.

- After I broke my leg, I _____ some exercises to make it strong again.
- I think it's really important to _____ fit, so I _____ a lot of exercise.
- In my family, we _____ well. We have lots of vegetables and no fast food.
- My dad _____ a 5 km race last week and finished in 35 minutes.
- When I do a lot of exercise and spend time outdoors I _____ fit and healthy.
- After the race, my brother _____ a long rest.

- 3** Write sentences about you and your family using the vocabulary in Exercise 1. In pairs, compare your sentences.

LISTENING

- 1** Read the sentences below and listen to the conversations between a boy called Jed and a girl called Holly. Are the sentences right (✓) or wrong (X)?

- Jed wants to do a 5 km race.
- Holly can do the race with Jed.
- Jed wants to do the race with Holly.
- Jed is worried about the price of sports clothes and trainers.
- Jed is happy to get up early.
- Jed can go cycling as well as running.
- Jed is pleased to see Holly after the race.



- 2** What advice did Holly give Jed? Complete Holly's notes with the phrases in the box.



Listen again and check.

buy special running clothes
watch TV and play computer games
get good trainers
go running every day
go to bed early every night
eat well and drink lots of water
go swimming or cycling
do leg exercises
get an app
have chocolate or cake

Holly's notes
Advice for Jed

| He should | He shouldn't |
|-----------|--------------|
| 1 _____ | 8 _____ |
| 2 _____ | 9 _____ |
| 3 _____ | 10 _____ |
| 4 _____ | |
| 5 _____ | |
| 6 _____ | |
| 7 _____ | |

- 3** Compare Holly's advice with the advice in the article. What do you think of Holly's advice to Jed? Which advice is good and which is bad?

SPEAKING

- 1** Look at the questions on an internet chat page. The people are all asking for advice.

Search

My family and I are going on a cycling holiday soon, but I'm not very fit. Can you give me some advice?

I want to improve my English. It's really bad and I feel worried! What should I do?

In pairs, think of three pieces of advice for each person.

This person should/shouldn't ...
Another idea is to ... It's important to ...

- 2** Compare your ideas with another pair's ideas. Who gave the best advice?